

Your guide to the

Great BIG Breakfast

**magic
breakfast**
fuel for learning



#GreatBigBreakfast

LET'S GET Started!

What is Great Big Breakfast?

This February we invite schools, families, friends, communities and workplaces to join together for fun, food, flipping and friendship to raise vital funds to continue putting breakfast on the table for up to...

200,000

children and young people each weekday morning.



Who is Magic Breakfast?

Magic Breakfast is a UK charity, providing breakfasts and support to schools across disadvantaged areas of England and Scotland. We are on a mission to eradicate morning hunger for children and young people, one breakfast at a time. And to do that we need your help.

It has long been said that breakfast is the most important meal of the day

and for young people at school, this couldn't be truer. Breakfast boosts concentration and attainment and a whopping 83% of our Magic Breakfast partner schools agree that breakfast at school improves pupils' mental wellbeing. By getting involved in Great Big Breakfast you can help tackle hunger, improve mood, enhance social skills, and set children up for a better day ahead.

"Breakfast bagels have helped this group of children to come into school and settle. Behaviour has improved overall but the importance of friendship has been highlighted as breakfast is eaten together within the classroom. This has proved to be important for the pupils' mental health in many ways."

Partner School – Birmingham

GATHER your tribe!



What is Great Big Breakfast?

Whether it's a lazy Sunday brunch with family, a celebration of cereal with classmates or a 'brinner' party with friends (who doesn't love a fry-up on a Saturday night?), gather who you

love and come together to share a meal and support the Great Big Breakfast. Check out our Great Big Breakfast [recipe inspiration](#) ideas to inspire you.

On your marks, get set, pancake

Ingredients, serves 8: Semi-skimmed milk (600ml), flour (180g), eggs (3), butter (2 tbsp).



Step 1

Mix the flour and half of the milk into a batter. Whisk in remaining milk, eggs and salt until smooth.



Step 2

Let batter sit for about 10 minutes.



Step 3

Melt a knob of butter in a hot frying pan. Pour some of the pancake batter into the frying pan so it covers the whole pan as layer thin. Wait for bubbles to form on the top, then flip. Cook until golden on both sides.



Enjoy!



Scan for the [Great Big Playlist!](#)

SPREAD the word!

We'd love you to share your Great Big Breakfast moments across your Whats Apps chats, Facebook and Instagram feeds, or via a tasty tweet. So get social and inspire friends, family, colleagues, and classmates to get involved – simply add the hashtag:

#GreatBigBreakfast



@magic_breakfast



@magicbreky



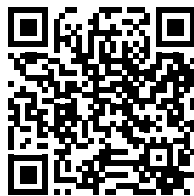
@magicbreakfastuk

We've got a flippin' great challenge for you. Grab your toast, bagel, pancake, eggs, hashbrowns – we want to see how many flips you can make with a breakfast item of your choice. Maybe you're having an after school 'brinner' party – get your crowd of kids to flip their potato waffles and see who can do the most in **15 seconds!**



Video your antics and share them to your socials with the hashtag **#GreatBigBreakfast**. At the end of February our favourite will win a **£50 restaurant voucher**

LET'S GET Fundraising



Scan me!

Making an impact

Your guests have had a great time at your event – ask your invitees to donate to magicbreakfast.com/appeal/great-big-breakfast/

For, every Great Big Breakfast guest that donates £3, Magic Breakfast can fund two weeks' worth of nutritious breakfasts – talk about impact!

Who is Magic Breakfast?

Magic Breakfast works with hundreds of schools across England and Scotland, each and every school day, to offer breakfast to thousands of children who otherwise might not have anything to eat all morning.

Eating breakfast fills tummies and fuels minds – it enables better grades, higher class attendance, promotes social skills,

improves behaviour and mental health. Breakfast also has genuine effects on communities, helping families at a time of such economic uncertainty.

Every Magic Breakfast costs just:

£10

could give two months' of breakfasts to prevent a child falling behind in school

£25

could feed a whole classroom for three school days, boosting reading and maths progress

£55

could give a child one year of nutritious school breakfasts

£100

could give 357 children the fuel they need to learn

£250

could feed a child for more than four school years, giving them the chance to succeed

£1,000

could provide a school with food and expert support for over a month





THANK you!

Thank you for supporting the Great Big Breakfast. Please use the poster and Flip'tastic entry form below to help you promote your events.

#GreatBigBreakfast

You're invited to the:

GREAT BIG



When: _____ **Time:** _____

Where: _____

**magic
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fuel for learning



THANK YOU!

Together we raised

£

Providing breakfasts to children and
young people at risk of hunger in
England and Scotland



**magic
breakfast**
fuel for learning



Registered Charity Numbers:
1102510 in England & Wales & SC048202 in Scotland

competition form

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QUIZ

Fancy running a short quiz during your Great Big Breakfast?
Here are a few questions that you may want to use.

1. Bagels are a popular item for children at Magic Breakfast's partner schools but how are they cooked by our suppliers before they send them to Magic Breakfast?

- a) Boiled
- b) Baked
- c) Boiled, then baked

2. Darjeeling, Earl Grey and Assam are all types of what drink, often drunk in the UK at breakfast time?

- a) Coffee
- b) Tea
- c) Orange Juice

3. In which country might you find the traditional dishes of haggis, tattie scones and square sausage on your breakfast plate?

- a) Wales
- b) Scotland
- c) Canada

4. What type of food can be scrambled, poached, or fried?

Answer: _____

5. Bananas are a great item to eat at breakfast time. But how many bananas do people in the UK eat each year?

- a) 100 million
- b) 1 billion
- c) 5 billion

6. In which country do people traditionally have crescent shaped pastries dipped in coffee or hot chocolate at breakfast?

Answer: _____

7. In which country do people eat something called paratha for breakfast?

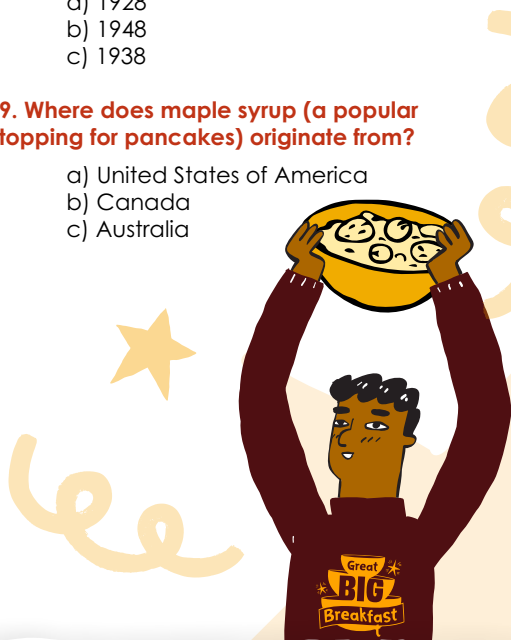
- a) Mexico
- b) Portugal
- c) India

8. When did Kellogg's first introduce their Rice Krispies cereal?

- a) 1928
- b) 1948
- c) 1938

9. Where does maple syrup (a popular topping for pancakes) originate from?

- a) United States of America
- b) Canada
- c) Australia





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Answer: **Eggs**

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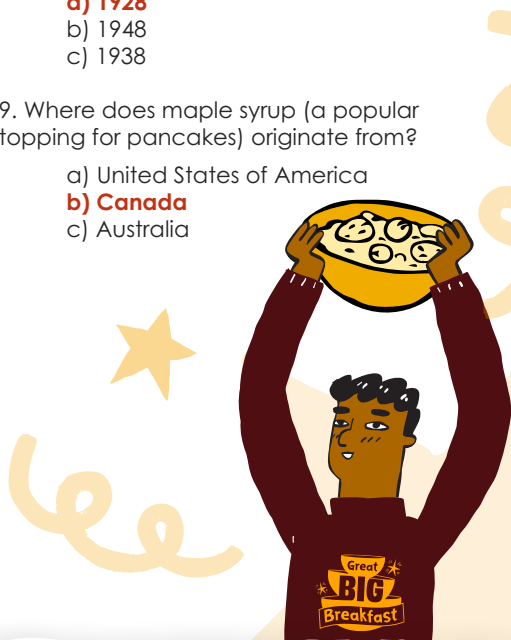
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BRAIN TEASERS

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Easy Peasy



Clever Cloggs



Genius Level



Round one

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BRAIN TEASERS



Round two

1. What country's breakfast commonly includes ackee and saltfish, seasoned callaloo, boiled green bananas and fried dumplings?

Answer: _____

2. In 2020, Magic Breakfast provided 7.4 million portions of what breakfast food item?

- a) Porridge
- b) Baked Beans
- c) Corncakes

3. Maple syrup is a popular pancake topping, but from which Canadian region is most of it produced?

Answer: _____

4. Kellogg's made which breakfast cereal available in the UK in 1928?

Answer: _____

5. In what year was the movie The Breakfast Club released?

Answer: _____

6. What were the names of the alien puppets who made daily appearances on the '90s TV show the Big Breakfast?

Answer: _____

7. In 2021, Magic Breakfast not only distributed breakfast, but also books to children at many partner schools. How many books did the charity distribute?

- a) 40,000
- b) 80,000
- c) 100,000

8. Paratha is an unleavened flatbread often eaten at breakfast time in which part of India – North, South, East or West?

Answer: _____

9. Thinking about the weight of beans Magic Breakfast delivered to partner schools in 2022, how many medium sized adult whales did it equate to?

Answer: _____

10. How many calories are in a 40g bowl of porridge when served with 300ml of semi skimmed milk?

- a) 291
- b) 351
- c) 391



Easy Peasy



Clever Clogs



Genius Level



BRAIN TEASERS



Round three

1. Which breakfast dish was developed by a Swiss physician in around 1900?

Answer: _____

2. Although now a national French breakfast food item, the croissant's ancestor, the kipferl, originates from which country?

Answer: _____

3. Which breakfast brand was the first to ever feature recipes on their packaging?

Answer: _____

4. In what year was Weetabix first made available in the UK?

Answer: _____

5. The 1961 movie Breakfast at Tiffany's stars Audrey Hepburn. What was her character name?

Answer: _____

6. To the nearest million, approximately how many breakfasts did Magic Breakfast provide in 2021?

Answer: _____

7. What is the name of a Mexican breakfast dish that includes fried eggs served with tortillas, cheese, and a rich tomato and chilli sauce?

Answer: _____

8. Okayu is a rice-based breakfast dish that originates from which Asian country?

Answer: _____

9. Magic Breakfast began in 2001, when the charity's founder Carmel McConnell started delivering cereals to schools in which London borough?

Answer: _____

10. The pandemic has most affected children's learning in which school subject??

Answer: _____



Easy Peasy



Clever Clogs



Genius Level



BRAIN TEASERS ANSWERS



Easy Peasy



Clever Cloggs



Genius Level

Round one

Level: **Easy Peasy**

- | | |
|---------|----------------------------------|
| 1. c | 6. Glasgow |
| 2. b | 7. The Markus Rashford Book Club |
| 3. b | 8. c |
| 4. c | 9. France |
| 5. Eggs | 10. a |

Round two

Level: **Clever Cloggs**

- | | |
|------------------|----------------|
| 1. Jamaica | 6. Zig and Zag |
| 2. b | 7. c |
| 3. Quebec | 8. North |
| 4. Rice Krispies | 9. Three |
| 5. 1985 | 10. a |

Round three

Level: **Genius Level**

- | | |
|--------------------|---------------------|
| 1. Bircher Muesli | 6. 39 million |
| 2. Austria | 7. Huevos Rancheros |
| 3. Quaker | 8. Japan |
| 4. 1932 | 9. Hackney |
| 5. Holly Golightly | 10. Maths |



HOW TO MAKE YOUR BUNTING

1. Print as many copies of the template as you need onto A3 paper.
2. Carefully cut out the triangle following the dotted lines.
3. Fold the tabs over some string or ribbon and staple or stick with glue.
3. Hang your bunting using tape to attach it to a wall.



Make your bunting super strong!
Stick your templates onto card
before cutting them out.



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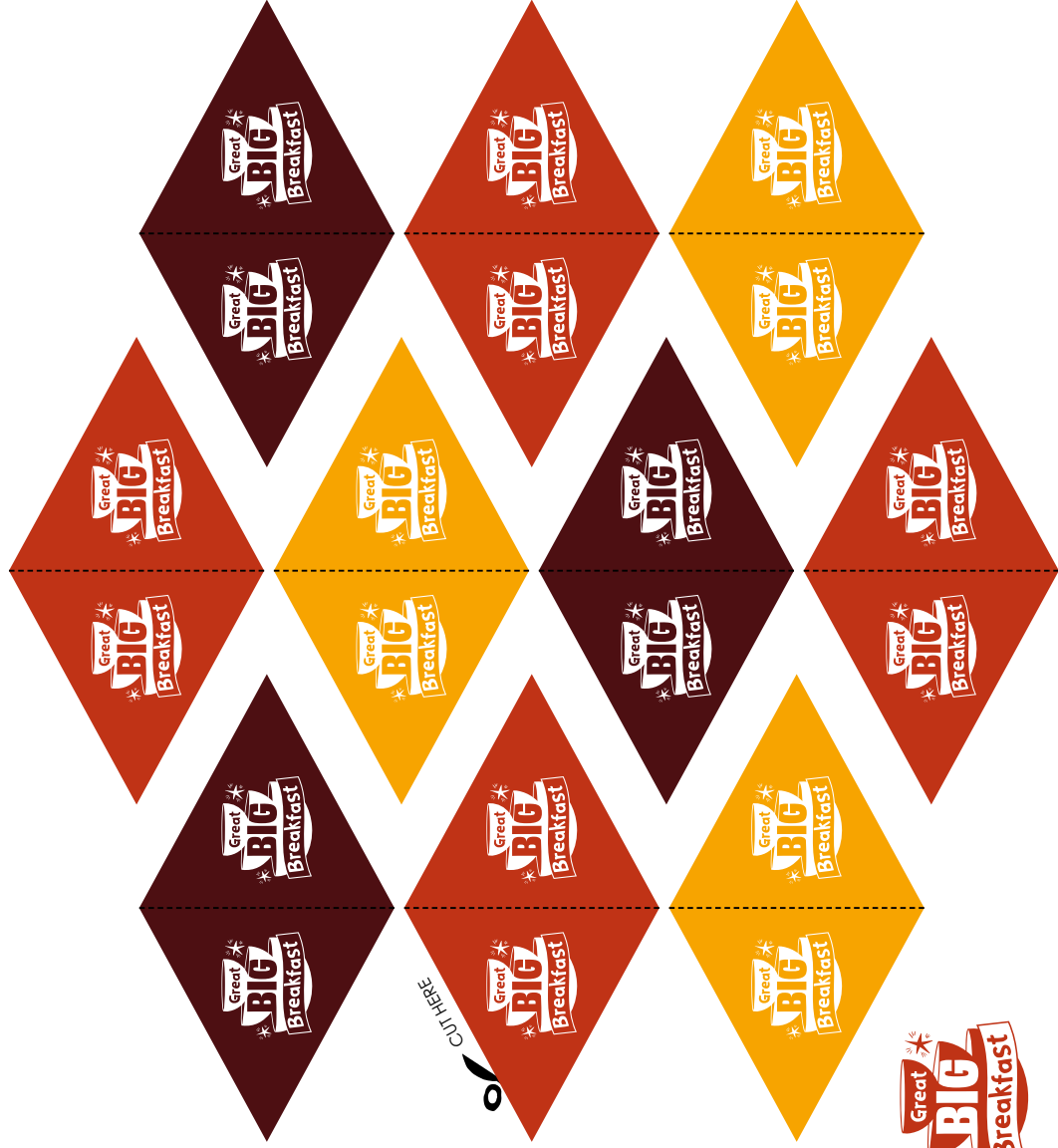


HOW TO MAKE CAKE TOPPERS

1. Print as many copies of the template as you need onto A4 paper.
2. Carefully cut out each flag.
3. Fold the flag along the dotted line.
4. Apply glue to the reverse of the flag.
5. Place a cocktail stick centrally on the reverse of the flag.
6. Fold the two glued sides of the flag together and hold down.



Secure your cocktail stick with a small piece of sellotape before gluing both sides of the flag together.



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