

# Breakfast Challenge



**Don't go bacon my heart, I couldn't if I fried!**

From sizzling fry ups to fresh fruit smoothies... Join us as we explore what is often referred as the most important meal of the day.

For even more programme ideas check out our 'Breakfast' board over on [www.Pinterest.com/PawprintFamily](https://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](https://www.PawprintFamily.com)

# Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



## PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

## PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

## PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

## PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



@pawprint\_family

# PAWPRINT BADGES

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**[www.pawprintfamily.com/terms-conditions](http://www.pawprintfamily.com/terms-conditions)**



# Craft

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- 🌸 Create a plate full of your favourite breakfast foods by cutting out coloured felt and sticking them onto a paper plate.
- 🌸 Make a unique necklace or bracelet by threading cereal hoops onto string.
- 🌸 Use your imagination to recycle your old egg cartons into something new. For example, the cup shapes could be turned upside down to make some big eyes or you could turn the lid into a dish for a handmade set of play food.

## Did you know?

It is estimated that us Brits gobble up around 37.2 million eggs on average per day! Whether it be boiled, fried, scrambled or poached, eggs are definitely a staple in UK households.

- 🌸 Print using leftover fruit dipped into paint. Why not repeat the pattern on a roll of brown paper to design your own wrapping paper for a special gift?
- 🌸 Paint or draw a picture of your favourite breakfast food. Could it be a stack of pancakes drizzled with chocolate sauce or a warming bowl of porridge topped with fresh fruit?
- 🌸 Cut out some old breakfast recipes from magazines or printed from the internet and stick them onto a large piece of card to create a breakfast collage. You could even add some pieces of cereal for a textured collage.
- 🌸 Have a go at making rainbow toast. Not only does this look amazing but is completely edible!

## How?

Lay out 7 cups of milk and mix a different food colouring into each one. Use a clean paintbrush to paint your rainbow design onto a piece of bread using the milk mixture. Once you have designed your bread and it's had a few minutes to settle, pop them into the toaster and you are set to go!

- 🌸 Draw some illustrations to go alongside a breakfast recipe.
- 🌸 Imagine there was a new breakfast café opening up in your local area. Design a poster to advertise it to the community. What have you included in your poster to persuade people to come along and give it a try?
- 🌸 Create an edible masterpiece by turning your breakfast into something exciting.



# Food

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- Take your breakfast to your local park or green space and enjoy a delicious morning picnic.
- Visit a café or restaurant and enjoy a spot of breakfast.
- The largest omelette weighted over 6 tonnes and was created by a team of 55 people in Portugal in August 2012. Whip up your own omelette with the filling of your choice... perhaps not so large though!
- In Japan, rice, fish and miso soup are common breakfast foods. Why not try swapping out your usual morning cereal for this traditional Japanese breakfast?
- Dress up as an astronaut and enjoy a plate of steak and eggs for breakfast.

## Why?

Steak and eggs is a traditional breakfast eaten by astronauts before flying off to space. It was enjoyed by Neil Armstrong, Buzz Aldrin and Michael Collins in 1969 before they travelled to the moon from the Kennedy Space Center.

- Add some fun to your breakfast by turning your toast into your favourite animal. You could use fresh fruit and Nutella® to decorate!
- Prepare your own hotel style breakfast buffet for friends, family or members of your group.
- Try making a breakfast burrito.
- Have a go at making your own granola using ingredients such as nuts, seeds, oats, honey, coconut and dried berries.
- Try different breakfast cereals whilst blind folded and see if you can guess the type of cereal correctly.

## Did you know?

The first cold breakfast cereal was invented in 1863 by James Caleb Jackson in the United States. The cereal was called Granula.

- Try making some American style pancakes.
- Research what different countries eat for breakfast. Why not give some of the dishes a go yourself?



# Games

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- Go head to head in an egg and spoon race.
- Have a go at playing 'Breakfast Bingo' using the free resource on our website.
- Play 'Fruit Salad' but swap the names of the fruits for: Eggs, Bacon, Sausage, Tomato, Mushrooms and for 'Fruit Salad' shout 'Breakfast'!
- See how many waffles you can stack on top of each other before they topple over.

## Did you know?

The tallest stack of waffles is 91.5cm and was achieved in Belgium in June 2020 by Francis and Michel de Buck.

- Have a competition to see who can flip their pancake the highest.
- Take part in a cereal sorting race.

## What?

Players must sort different types of cereal into bowls by colour or shape as quickly as possible. The player to finish first wins the game.

- Take on a game of Breakfast Charades! Players must act out breakfast-related actions such as eating cereal, pouring milk, flipping pancakes etc.
- Play the memory game, "One day I went to the shop and bought..." using breakfast type foods.

## How?

The first person says "I went to the shop and bought a croissant." The next person would then say, "I went to the shop and bought a croissant, and some eggs." The shopping list then builds up as it goes around the circle until someone forgets a breakfast food that's been bought. Make the game even more challenging by enforcing an alphabet rule, so that you can only say a breakfast food beginning with the next letter of the alphabet (e.g. bacon, cereal, etc.)

- Balance a piece of toast on top of your head and see how quickly you can race to a finish line before it falls off.
- Take turns throwing a tea bag into a mug from a distance. Whoever successfully gets their tea bag into the mug from the furthest distance is the winner.



# Other

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- 🐾 Celebrate National English Breakfast Day on the 2nd of December by whipping up a delicious fry up with all the trimmings.
- 🐾 Write a review of a breakfast you have enjoyed in a café or restaurant for your local paper or magazine.
- 🐾 Hold a debate. Is breakfast the most important meal of the day?
- 🐾 Enjoy breakfast in bed.

Did you know?

The Guinness World Record for the most people eating breakfast in bed at one time was achieved in 2019 in South Africa. 574 people took part, and the beds were donated to local charities after the event.

- 🐾 Visit a local farmers' market and pick up some fresh ingredients for breakfast.
- 🐾 Help the planet by turning your old leftover breakfast fruit waste into nutritious compost for your plants. Include peel, cores, rinds, stems and pulp for extra goodness.
- 🐾 Listen to Banana Pancakes by Jack Johnson or How D'ya Like Your Eggs in the Morning by Dean Martin.
- 🐾 Create an edible timeline to see how breakfast cereal has changed through the years.
- 🐾 Research the difference between eggs benedict, eggs florentine and eggs royale. Which do you think you would prefer to try?
- 🐾 In France, a common breakfast includes a sweet pastry and a cup of coffee. Visit a local bakery and pick up some pastries to try for breakfast such as a croissant, pain au chocolat or pain aux raisin.
- 🐾 The largest pancake ever made was by The Co-operative United Ltd based in Manchester, England in 1994. It measured over 49 ft! Work out how many people would need to lie down side by side to cover that same distance.
- 🐾 Find out where the word breakfast got its name from.
- 🐾 What do dogs have for breakfast? Pooched eggs! Have a go at writing your own breakfast themed jokes to share with family and friends.

## Adventure Complete?

Reward your young adventurers with their Breakfast Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



## Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



## Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



## Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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