

The Breakfast Olympics Scoring Sheet

Write down what you ate for breakfast this morning.

Award yourself TWO POINTS if your breakfast contained the following:



Points	
	A piece of fruit or vegetable or a small glass of unsweetened juice (note: raisins or dried berries in muesli, granola, etc. do not count because they are most likely too small to be significant).
	Milk or yogurt (note: if the milk was just in tea this would not count because it is too small a volume to be significant). Milk in cereal would count.
	A high-fibre or wholegrain cereal (e.g. porridge, Branflakes, Weetabix, Shredded Wheat, All Bran, etc.) OR high-fibre or wholegrain bread (with or without egg).

Award yourself ONE POINT if:

	The breakfast was tasty enough that you would be willing to eat it every day.
	It was easy to prepare – it did not need any special equipment or a lot of time.
	It was inexpensive – it did not include expensive fruits, berries or other specialist ingredients.

Take away ONE POINT if your breakfast included:

	A breakfast cereal that is sugar coated or contains chocolate.
	Salted meats, e.g. sausages, rashers, pudding or other cured meats.
	Biscuits, including breakfast biscuits.
	Chocolate, crisps, sweets, soft drinks.

How did you score?

You achieved GOLD if you got 8 or 9 points.

You achieved SILVER if you got 6 or 7 points.

You achieved BRONZE if you got 4 or 5 points.

If you achieved 0–3 points or a minus score, there is still hope! Work towards a bronze!

