

What's for Breakfast?

**One
Life
Suffolk**

Circle the healthiest breakfast options and then turn over to see if you were right.



A fried
English breakfast

or



A grilled/poached
English breakfast



Wholemeal
toast

or



White
toast



30g
Frosties

or



30g
Corn Flakes



Greek yoghurt
with berries

or



Strawberry
breakfast bar



Porridge with
golden syrup

or



Porridge with
blueberries



A banana

or



2 Breakfast
Biscuits

Join your FREE local OneLife Suffolk club to learn more great tips to help you and your family live a healthier life. Book today:

Call: 01473 718193

Email: info@onlifesuffolk.co.uk

Turn over to find your nearest OneLife Club



Join our FREE Teen or Family clubs!

Join one of our FREE 10 week programmes, available for both children (aged 4 - 11) and teens (aged 12-16) who want to achieve a healthy weight. The clubs are designed by our experts to give parents support and advice on healthy living, whilst the children get a fun, free physical activity session. The children will also receive a free water bottle and goodie bag!

FIND YOUR LOCAL GROUP HERE:

Ipswich

Where: Chantry Academy, Mallard Way, Ipswich, IP2 9LR

When: Mondays starting 24th April for 10 weeks

Time: 5:15 - 6:15pm (4-11 years), 6:30 - 7:30pm (12-17 years)

Where: Inspire Suffolk, Lindberg Rd, Ipswich, IP3 9QX

When: Tuesdays starting 25th April for 10 weeks

Time: 4:30 - 5:30pm (4-11 years), 5:45 - 6:45pm (12-17 years)

Where: Whitton Primary School, Shakespeare Rd, IP1 6ET

When: Thursdays starting 27th April for 10 weeks

Time: 4:15 - 5:15pm (4-11 years), 5:30 - 6:30pm (12-17 years)

Leiston

Where: Alde Valley Academy, Seaward Avenue, Leiston, IP19 4BG

When: Wednesdays starting 26th April for 10 weeks

Time: 4:30 - 5:30pm (4-11 years), 5:45 - 6:45pm (12-17 years)

Stowmarket

Where: Everyone Active, Mid Suffolk Leisure, Gainsborough Road, Stowmarket, IP14 1LH

When: Wednesdays starting 25th April for 10 weeks

Time: 4:15 - 5:15pm (4-11 years), 5:30 - 6:30pm (12-17 years)

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Answers: A grilled/poached English breakfast, Wholmeal toast, 30g Corn Flakes, Greek yoghurt with berries, Porridge with blueberries, A banana