



# Breakfast Group Discussion Topics

### Group Discussion



What do you  
like to eat for  
breakfast?

### Group Discussion



How do you feel  
when you skip  
breakfast?

### Group Discussion



Why might you  
skip breakfast?

### Group Discussion



Do you like  
breakfast?  
Why?/Why not?

Group Discussion



What is the best  
breakfast you've  
ever had?

Group Discussion



What breakfast  
food do you not  
like to eat?

Group Discussion



Do you like hot  
or cold foods  
for breakfast?

Group Discussion



Do you sit at  
the table to  
eat breakfast?

Group Discussion



Do you eat the  
same things for  
breakfast every  
day?

Group Discussion



Do you have  
different  
breakfasts at  
the weekend?

Group Discussion



Do you prepare  
your breakfast  
the night  
before?

Group Discussion



Do you make  
your own  
breakfast?

Group Discussion



Would you like if  
your school had a  
breakfast club?  
Why/why not?

Group Discussion



Do you feel any  
different in  
school if you skip  
breakfast?

Group Discussion



What breakfast  
food would you  
like to try?

Group Discussion



Do you eat  
breakfast "on  
the go"?

## For Your Information

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- Print and copy this resource so that you can use it with your pupils.
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- Tell others if you have found it useful.

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- Make this resource available on your school website for anyone to download.
- Share this resource with participants on any sort of course
- Share this resource with other teachers in online groups eg. Facebook Groups, WhatsApp Groups etc.

Kind regards, Seomra Ranga

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<https://www.teacherspayteachers.com/Store/Jax-And-Jake>



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