

THE CHELSEA BREAKFAST CLUB

Did you have a good breakfast this morning? Chelsea FC are helping more children answer 'Yes' to that question every school day.

Why not have breakfast at home?

Why don't children have breakfast at home and how are Chelsea FC involved? Well, in many cases both parents have to start work very early and aren't able to give their children breakfast at home. In others there are personal or financial difficulties. As a result Chelsea have set up a series of breakfast clubs with the local council in five local schools. In fact, over half of the primary schools in the area run these programmes.



What is a Chelsea FC breakfast?



Michael Ballack or Petr Čech.

First the food itself. The children's breakfast is made up of cereal, toast, fruit and dairy foods like milk and yoghurt. This selection is based on the Chelsea first team's diet because the programme is designed by the same people – called nutritionists – who make sure that Chelsea's Premier League stars are eating the best food for a winning performance.

Why is it so popular?

The children also have a Chelsea-branded sticker book to record their attendance. Children who attend regularly and arrive on time get a medal, a certificate and gifts from Chelsea FC at an awards ceremony. Some can even visit the Chelsea training ground and meet stars such as

Why is breakfast so important?

We asked the food expert – Chelsea Football Club Nutritionist, Nick Broad. 'Without a doubt breakfast is the most important meal of the day. Fruit and cereal provide a continuous release of energy and eating them regularly improves concentration and mental functioning. In addition, vitamins, minerals and calcium are essential for growing bodies. A healthy breakfast is a good habit to get into at an early age.'

More than food on the menu

Schools say that pupils settle in to the day, work harder and learn better if they have something nourishing to eat and drink in the morning. Teachers have said that children really are more focused in class and that concentration levels have improved. 'Since the clubs began the pupils are at school on time – some are even early!' said one teacher.

Let's leave the last word to Chelsea keeper, Petr Čech

'It's really important that kids get a good start in the morning; it helps them at school as well as making them healthier. Whether you are a professional footballer or a pupil at school, breakfast is the most important meal of the day.'

Activity 1

What do you think?

1. The article talks about a healthy breakfast in the UK. What is a good breakfast where you are? Is it healthy?
2. What expertise do you think a football club can contribute to a project like this?

Activity 2

Look at these words and phrases from the text. Can you guess what they mean?

set up

based on

settle in

made up of

essential

Put the words from the box into these sentences.

1. Light and water are _____ for trees and plants to grow.
2. He _____ an internet business selling rare books.
3. The film is _____ a book by Tolkein.
4. Water is _____ hydrogen and oxygen atoms.
5. My children found it hard to _____ to their new school at first.

Activity 3

Find these words in the grid (all the words are in the story too):

1. A food eaten with milk at breakfast: c—

2. Apples, oranges and pears: f—

3. Milk, yoghurt, cream and cheese: d—
f—

4. Everything you eat – good or bad: d—

5. This gives you strength all day: e—

6. You need these in your food to stay healthy. There are lots of them in fruit and vegetables. v—

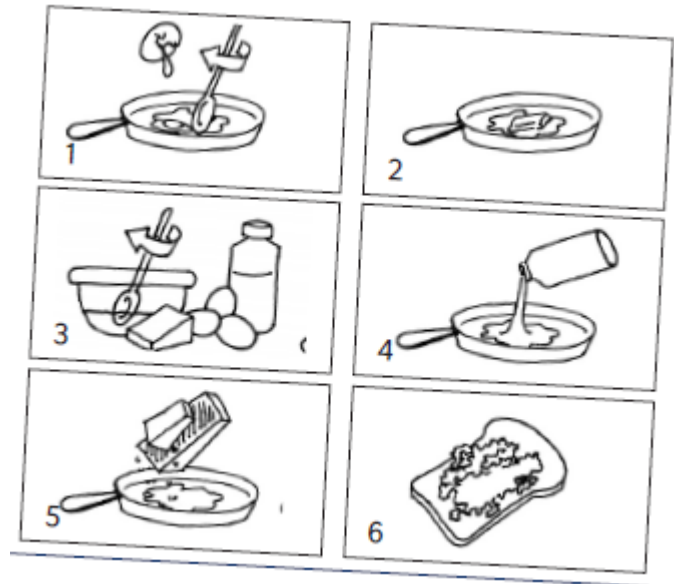
7. Your body needs these to stay healthy: m—

M	I	C	E	R	E	A	L	A	D
I	V	I	T	A	M	I	N	S	A
N	R	J	L	K	D	H	K	S	I
E	F	P	L	O	I	X	N	B	R
R	B	R	S	K	D	I	E	T	Y
A	V	E	U	K	F	T	N	O	F
L	Z	Q	Y	I	N	F	K	P	O
S	S	N	P	R	T	W	F	J	O
R	A	W	S	R	H	I	O	K	D
E	E	N	E	R	G	Y	B	M	S

Activity 4

Here's a recipe for a healthy breakfast: scrambled eggs.

Match the steps below with the pictures.



- a) Add eggs, milk and cheese and keep stirring. []
- b) Add some milk. []
- c) Crack the eggs into a bowl and beat them. [1]
- d) Grate some cheese into mixture. []
- e) Put the scrambled eggs on a slice of toast and enjoy. []
- f) Melt butter in a pan. []

Activity 5

Find out more

Use the internet to find out more about the Chelsea breakfast club. Are there any similar schemes in your country?

Search terms (search in English)

Chelsea breakfast club

KEY
Activity 2
 1 essential, 2 set up, 3 based on, 4 made up of, 5 settle in
Activity 3
 1 cereal, 2 fruit, 3 dairy foods, 4 diet, 5 energy, 6 vitamins, 7 minerals
Activity 4
 a-3, b-4, c-1, d-5, e-6, f-2