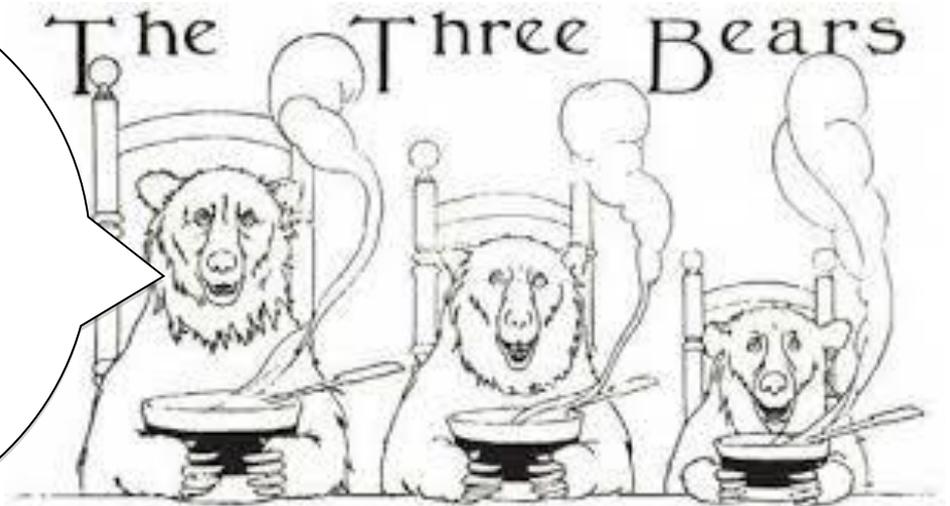


Breakfast Cereal: Porridge

"Morning, Did you know that Porridge is a great way to start the day? It's full of vitamins, minerals, fibre and low in salt and sugar. My wife here makes really tasty porridge. Here's her recipe. Enjoy!"



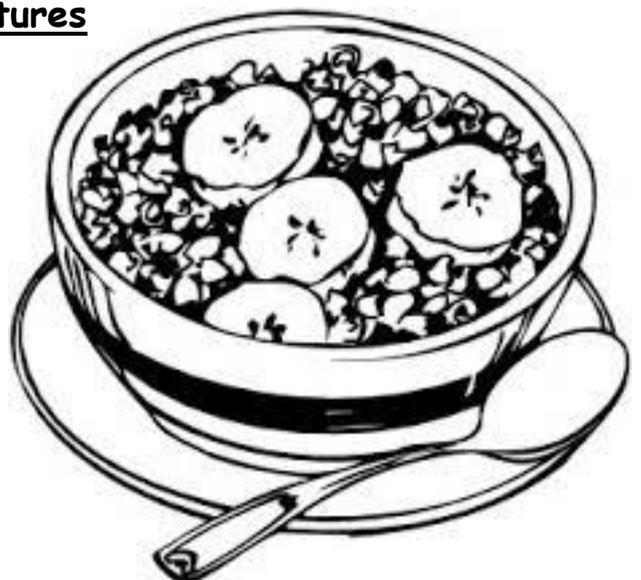
Colour the Bears

Benefits of Porridge Oats

Clean the arteries in your body
Help protect against cancer & heart disease
Help lower cholesterol
Help keep obesity at bay
Reduce blood pressure
and are a good source of vitamin B1 crucial for the nervous system



Colour the Pictures



Mama Bear's Recipes (4 types of porridge)

Ingredients

For basic porridge which serves 4 bears

200 g rolled oats
750 ml milk or water
sea salt

Place the oats and milk/water in a pan with a small pinch of sea salt
Put on a medium heat
Bring to a steady simmer for 5 to 6 minutes, stirring as often as you can to give a smooth creamy porridge

Add the ingredients below

for blackberry and apple porridge

1 apple
2-3 tablespoons runny honey, to taste
100 g blackberries

for banana, almond and cinnamon porridge

2 ripe bananas
30 g flaked almonds
 $\frac{1}{2}$ teaspoon ground cinnamon
2 tablespoons poppy seeds
2-3 tablespoons maple syrup or runny honey, to taste

for apple, maple syrup and pecan porridge

1 apple
30 g pecans
2-3 tablespoons maple syrup, to taste



Answer the questions on Mama Bear's Recipes

1. True or False. You can use either milk or water when making porridge _____

2. What heat do you put the oats on? _____

3. How long do you simmer the oats for? _____

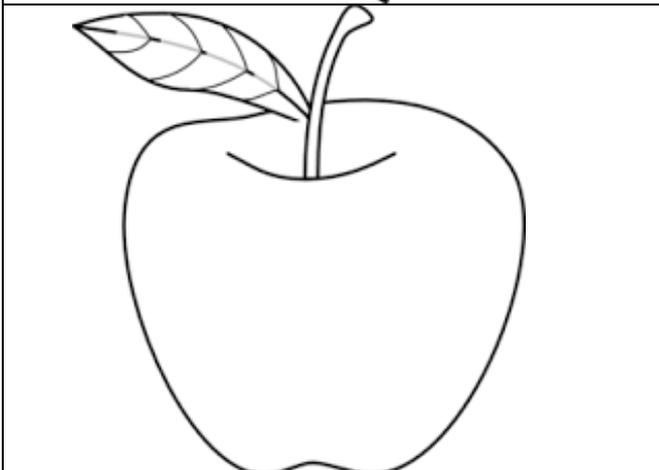
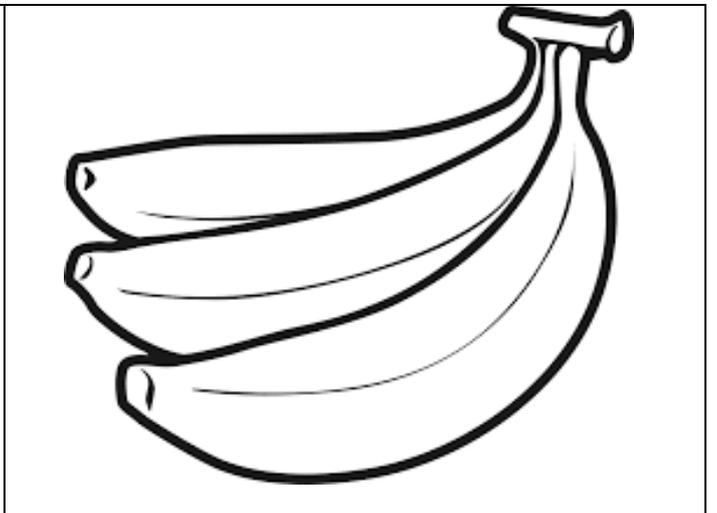
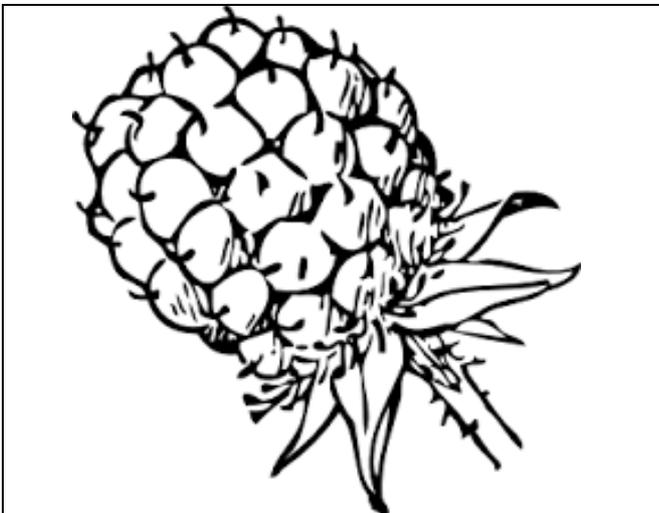
4. Read the 4 different types of porridge. Which one would you like to eat?

Why would you like to eat this one? _____

5. Honey will make the porridge taste _____

6. Complete the saying 'An apple a day keeps _____'

Identify the following fruits and colour them in



1 _____

2 _____

3 _____

Maths Problems

1. I ate a bowl of porridge every day for two weeks. How many bowls of porridge did I eat? _____
2. I had 500 grammes of oats but I need 750 grammes to make my breakfast. How many grammes am I short? _____
3. The Three Bears eat a bowl of porridge each every day. How many bowls do they eat in a week? _____
4. I have porridge every second day for two weeks. How many times do I have porridge for my breakfast? _____
5. Goldilocks ate three bowls of porridge on Monday, two bowls on Wednesday and a bowl on every other day of the week. How many bowls of porridge did she eat? _____
6. A banana is chopped into two bowls of porridge. How many bananas are needed for 12 bowls of porridge? _____
7. A packet of porridge oats is €3.75 in the shop. I give in €5.00. How much change do I get back? _____
8. I have to cook the oats for six minutes. The timer only shows seconds. I have been cooking the oats for 300 seconds now. How much more time is needed for my oats to cook? _____

Colour the picture

Colour Daddy bear black and his trousers red

Colour Mammy bear brown and her dress yellow

Colour Baby bear light brown

Colour the bed grey and the blanket blue

Colour Goldilock's hair yellow

