

# TAKEHOME



Should you always be allowed to choose your own breakfast?



## In the news this week

Cereal company, Kellogg's, is taking the UK government to court over new rules that would stop some of its cereals being put at the forefront of supermarket shelves, as they have high amounts of sugar. It is challenging rules that are set to come into effect in England in October and would restrict the promotion of food and drink that is high in fat, salt and sugar. Kellogg's has said the new rules don't take into account the nutritional value of milk, which is usually added to the product. The government's new rules, which follow other restrictions previously put in place, aim to encourage people to make healthier food choices.

### Things to talk about at home ...

- > Share some of the things you eat for breakfast. Do you often have cereal? Do you have it with milk? How about others in your home?
- > Do you always choose your own breakfast? Share some of your favourite choices and why you choose the things you do.

Please note any interesting thoughts or comments

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