



Food and Eating Habits

Note-taking: breakfast clubs | Cambridge IGCSE ESL 0510/0511

1. Lead-in discussion

Talk with a partner before you read.

1. What do students usually eat before school?
2. Why might some students miss breakfast?
3. How could a breakfast club help students learn better?
4. Should schools provide food before lessons begin?

Exercise 3 at a glance

In this activity, you will read one factual text and complete notes using information from the text. In the exam, this task is usually worth 7 marks. This practice version includes extra notes to help you build confidence. Use short words or phrases from the text, not your own ideas.

2. Read for overall understanding

Read the text. Why do some schools run breakfast clubs?

Breakfast Clubs Before School

Some schools run breakfast clubs before the first lesson of the day. The clubs are usually simple: students arrive early, choose a small meal and sit with classmates before registration. Teachers say the main aim is to help students eat before lessons and start the school day calmly. This can be important for students who travel a long way or leave home before anyone has time to cook.

Breakfast clubs do not need complicated food. Many offer toast, cereal, fruit and water. Some schools add porridge in winter because it is cheap, warm and filling. Staff try to avoid sugary snacks because these can make energy levels rise quickly and then fall. Students are encouraged to clear plates, wipe tables and put rubbish in the correct bins.

The club can also support social routines. Younger students may sit with older helpers who explain the timetable, remind them about equipment and help them feel less nervous. In some schools, students use the final ten minutes to read quietly or look over homework. This makes the move into lessons smoother because students are already settled.

There are practical issues. Schools need adult supervision, safe food storage and a clear system for allergies. They also need to avoid embarrassing students who receive free meals, so successful clubs are open to everyone. When breakfast clubs are organised carefully, they can improve punctuality, reduce morning stress and give students a more positive start.

Schools that run breakfast clubs often review them after a few months. They may ask students which food is popular, whether the start time works and whether the room feels welcoming. Some clubs add quiet games or reading corners for students who finish eating early. Others invite older students to help serve food, which gives them a small responsibility before lessons begin. These changes keep the club practical rather than turning it into another formal lesson.

The club may also give staff useful information. If many students arrive tired or hungry, the school can look again at transport times, homework pressure or support for families. In this way, the breakfast club becomes more than a place to eat; it helps staff notice patterns that affect learning.

Some schools also compare attendance on days when the club is open with days when it is closed. This does not prove everything, but it helps staff judge whether the club is making mornings smoother for students.

3. Strategy focus

Separate aims from activities

A paragraph may describe what students do, but the heading may ask why the club exists. Choose the phrase that matches the heading.

4. Practice note-taking task

Complete the notes using information from the text. Use short words or phrases from the text. Do not add your own ideas.

Notes	Write short answers
Why schools run breakfast clubs	- - -
Food commonly offered	- - -
Routines students practise	- - -
Practical needs and benefits	- - -

5. Vocabulary notebook

Underline five useful words or phrases from the text. Check their meaning, then record them in your vocabulary notebook.

6. Follow-up tasks

1. Discussion: Would a breakfast club work well in your school? Give reasons.
2. Strategy: Choose three answers and underline the exact words in the text that make them short notes.
3. Writing: Write a short notice inviting students to a breakfast club.
4. Vocabulary: Circle words and phrases connected to food, routines and school life.

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2. Read for overall understanding

Suggested answer: to help students eat before lessons and start the school day calmly.

4. Practice note-taking task

Why schools run breakfast clubs

- help students eat before lessons
- start the school day calmly
- support students who travel a long way / students who travel a long way

Food commonly offered

- toast
- cereal
- fruit

Routines students practise

- clear plates
- wipe tables
- put rubbish in the correct bins

Practical needs and benefits

- adult supervision
- safe food storage
- improve punctuality / reduce morning stress

Notes for checking

This is an extended practice version of the IGCSE ESL note-taking task. The live exam normally has fewer marks, but this version includes extra notes to build confidence and selection skills.

Accept short phrases that keep the same meaning.

Learners should avoid copying a whole sentence if a shorter note answers the heading.

Some answers need more than one or two words, especially when the key detail is a phrase.