

Begin with Breakfast: Session 2

Discussion Questions

- 1. What do you usually like to eat for breakfast?
- 2. Did you try a new food or cooking technique today?
- 3. What substitutes could you use? Are there other vegetables you would like in the omelet?
- 4. What was most challenging about today?
- 5. Would you try any of the recipes at home? Why or why not?
- 6. If you could change something about today, what would it be and why?





