



# 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?