The Breakfast Biscuits by ‘Belvita’ are a nutritious snack that appeals to teenagers. They are individually portioned in packets of 4 biscuits, which are convenient and easy to take to school. The biscuits come in 5 different flavours, which increases variety and appeals to a large number of adolescence. In terms of the nutritional benefits, the biscuits are made with five wholegrains, wheat, rye, spelt, barley and oats, and are a good source of fibre, which provides sustained energy and healthy bowel functioning. In addition, this particular snack food is high in protein, a nutrient needed for muscle and tissue development and growth. The ‘Belvita’ Breakfast Biscuits provide 1 out of 7 serves of carbohydrates needed to be consumed by a teenager each day.