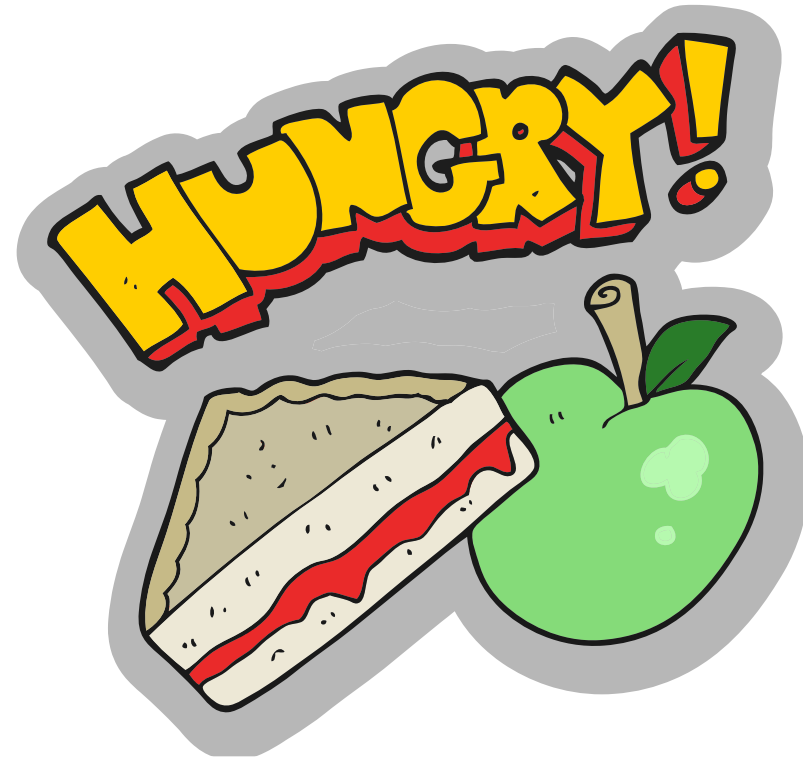


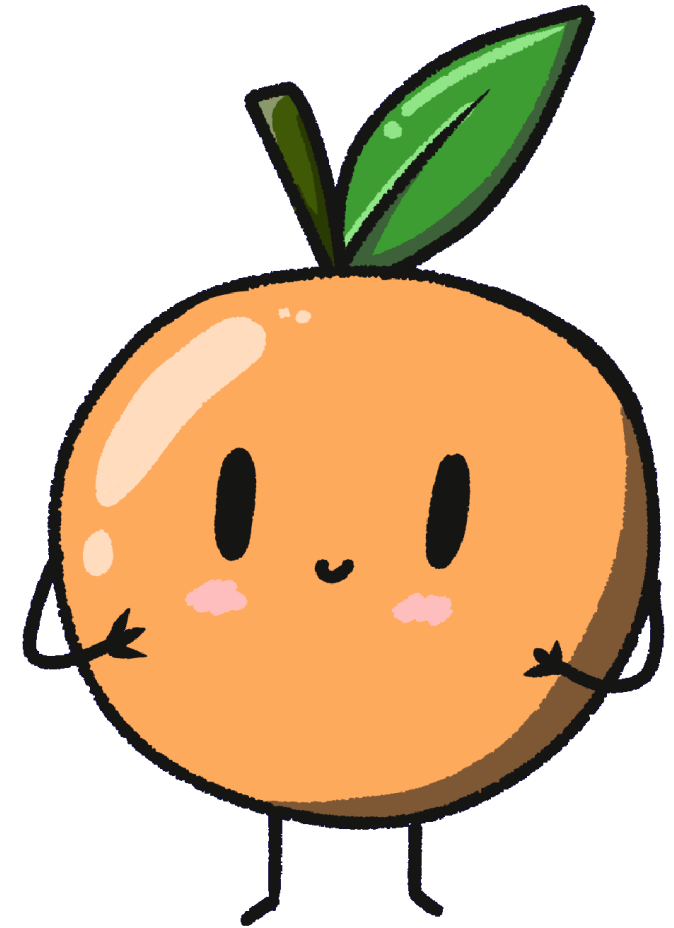
What's for lunch?



KS2 Lesson Plan

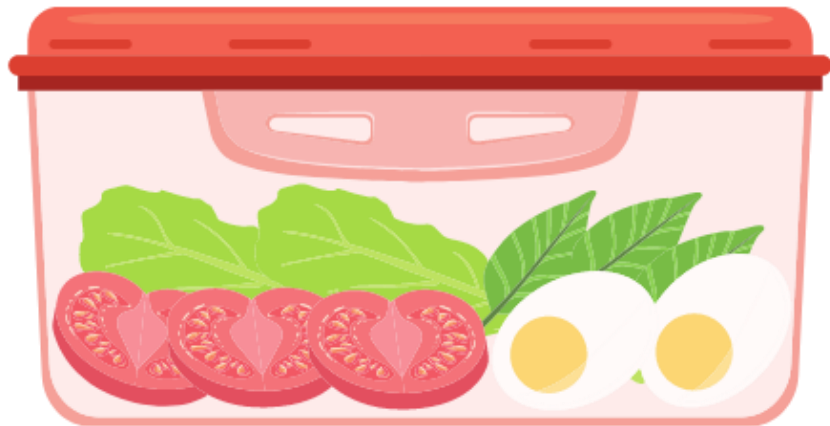
Learning outcomes

- To understand the importance of a healthy packed lunch
- To understand what a healthy packed lunch looks like
- To learn about important vitamin and minerals our bodies need
- To try some new foods



Why is our packed lunch important?

We eat lunch to give us lots of energy. To have a healthy and tasty lunch, we need to eat lots different foods.



A healthy and tasty lunch helps us to grow, concentrate and learn at school.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturated 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
	13%	4%	7%	38%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives
Choose lower fat and lower sugar options

Oil & spreads
Choose unsaturated oils and use in small amounts



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Sources: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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What are nutrients?

Nutrients are found in the foods we eat. Our body needs nutrients to work properly, to grow and survive. We need to eat different types of foods to provide our bodies with lots of different nutrients.



Now let's take a look at those nutrients in our packed lunches.

What does a healthy packed lunch look like?

Starchy carbohydrates
like brown bread,
pasta, rice or potatoes

Fruits

Vegetables

Proteins like beans, pulses,
eggs, fish or meat

Healthy fats like nuts, seeds, eggs
and fish

Water

Calcium-rich
food like
yoghurt and
milk



How should I store my packed lunch?

To stop your sandwiches from getting squished, store your packed lunch in a padded, resealable bag.

You can use smaller containers to put snacks like fruit, vegetables and nuts in to keep the fresh.



Starchy carbohydrates

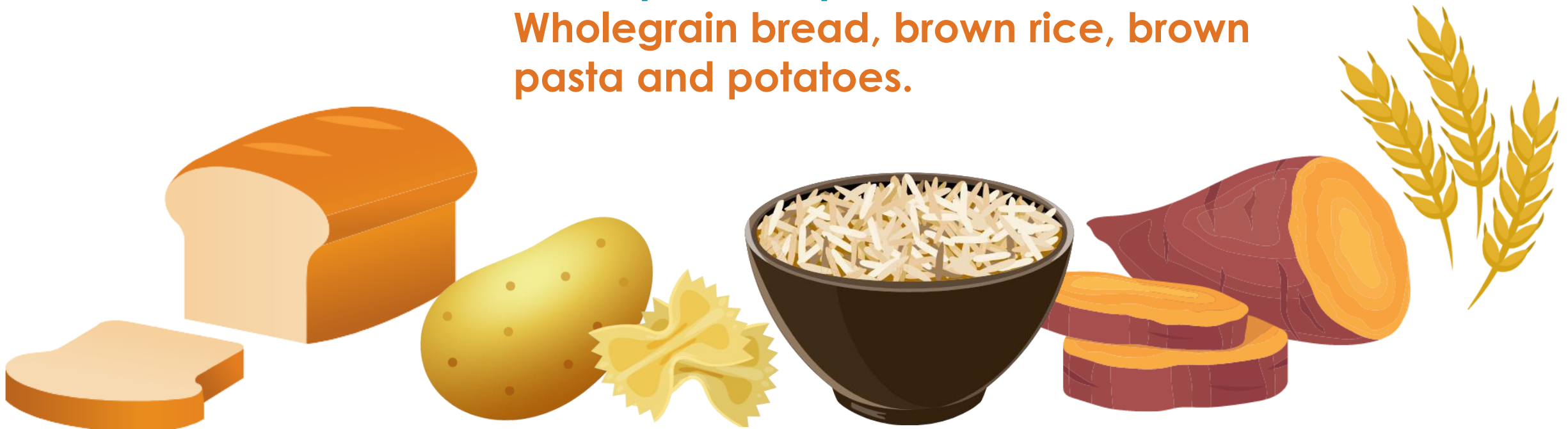
Which foods contain starchy carbohydrates?



Starchy carbohydrates

A starchy carbohydrate should be the biggest part of our lunch, as these give us lots of energy for the day. We need energy to run around and play with our friends!

Starchy carbohydrate foods include:
Wholegrain bread, brown rice, brown pasta and potatoes.



Protein

Which foods contain protein?



Proteins

All the cells in our body are made of protein. Proteins help our bodies to grow and repair and are particularly important for children due to rapid growth.

Protein foods include: Beans (especially soya), nuts, eggs, fish and meat.



Healthy fats

Which foods contain healthy fats?



Healthy fats

Some fats, known as fatty acids, are essential for our health in small amounts and keep our hearts healthy.

Healthy fats include olive oil, sunflower oil, avocado, nuts and seeds, eggs and fish.



Dairy and alternatives

Dairy and dairy alternatives are important for children's growing bones and teeth.

Dairy foods include **cow's milk and cheese made from cow's milk.**

Dairy alternatives include milks made from **plant foods such soya, almonds, oats or coconut.**



Fruits and vegetables: what's all the fuss about?

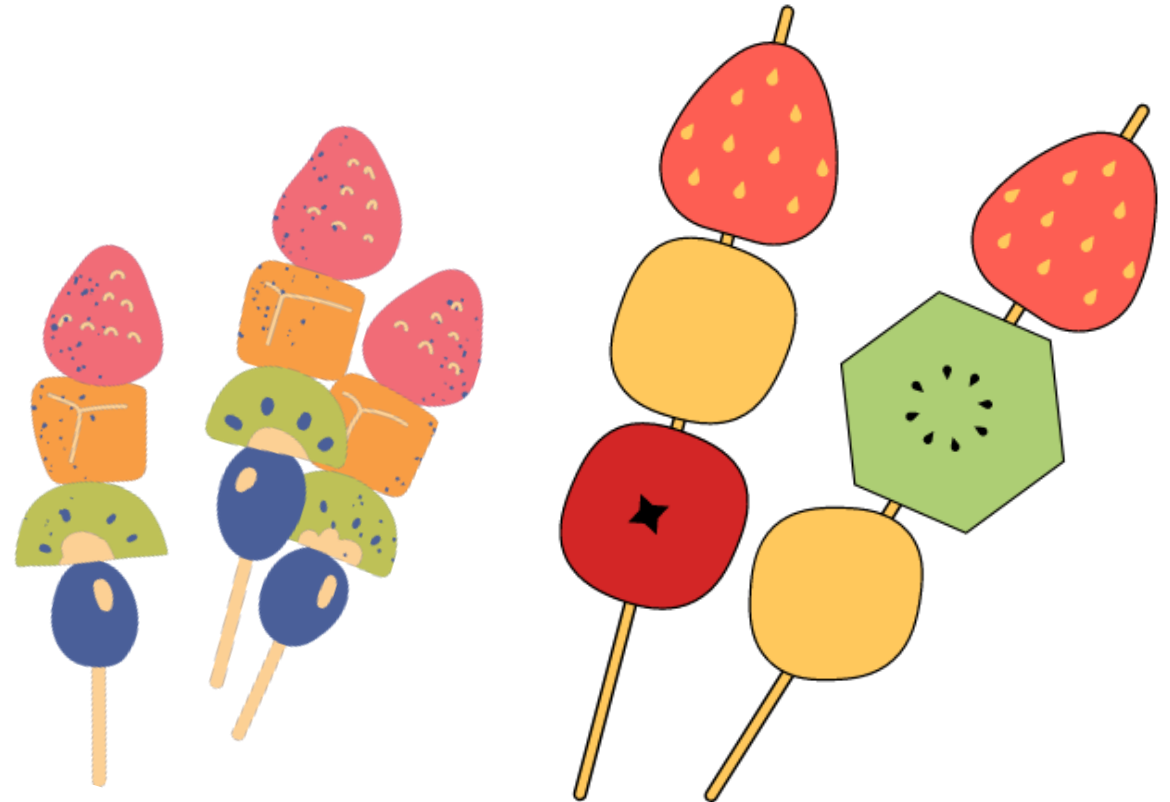
Eating lots of different fruits and vegetables keeps our bodies healthy and happy. Fruits and vegetables contain lots of vitamins and minerals which keep our skin and hair healthy..



Fruits in your lunchbox

Which fruits would you like in your lunchbox?

Why not choose your three favourite fruits to make fruit skewers?



Vegetables in your lunch box

Which vegetables would you like in your lunch box?

Why not try carrot, cucumber and pepper sticks to dip in hummus?



Vitamins and minerals

Vitamins and minerals are needed in small amounts in the body and are very important for our health. Each **vitamin and mineral** has a different function in the body and helps us to grow, fight off nasty bugs and makes sure our brains are ready to learn!

Some important vitamins and minerals are:

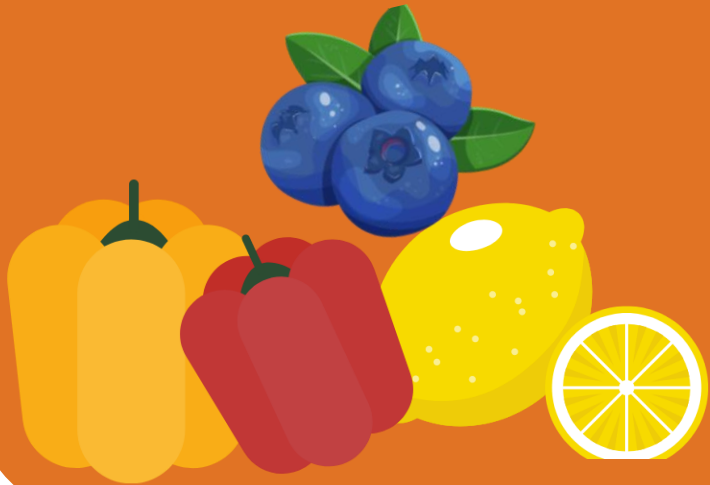
- 1) Vitamin C
- 2) Vitamin D
- 3) Calcium

But which foods can we find these in?



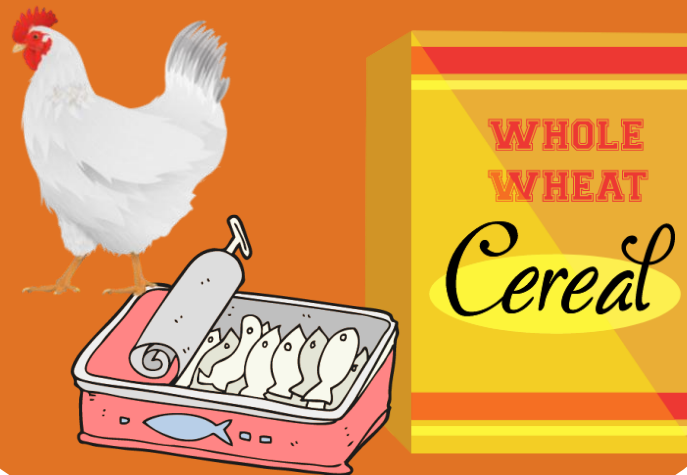
Vitamin C helps us to fight off nasty bugs that make us unwell.

We can find Vitamin C in citrus fruits like lemons and oranges, berries, broccoli and peppers.



Vitamin D helps our bodies to make strong bones, as well as keeping our immune system healthy.

We can find Vitamin D in oily fish, chicken, lamb and fortified foods.



Calcium helps our bodies to make strong bones and teeth, which is important for growing children.

We can find calcium in milk, cheese, yoghurts, spinach, broccoli, nuts and seeds.



Thirsty?



It is really important we drink enough water throughout the day to keep our bodies and brains healthy.

We need to drink more water when we are running around outside, playing games and if it is a hot sunny day.

Thirsty?



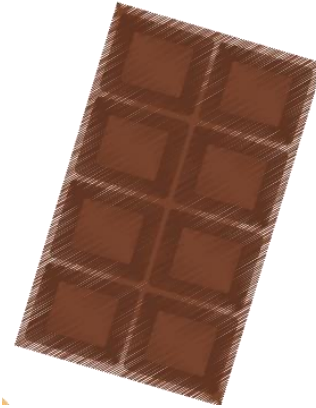
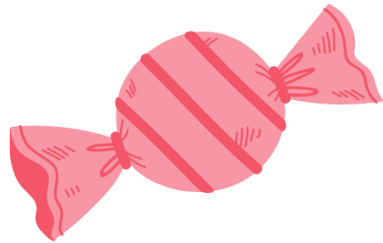
Water or milk are the the best drinks to keep our bodies healthy.



Why not add some fruit to your water to make it even tastier?

Once in a while...

We should only eat foods such as chocolate, sweets, crisps, cakes and fizzy drinks once in a while, as these foods aren't very good for our bodies or our teeth.



Eating these foods often won't give us the energy we need to get through the day.

So, what's for lunch?



Examples of a tasty packed lunch

- A sandwich, bagel, wrap or pitta. What will go in yours?



How about...

Sliced pepper, onion, cucumber or tomato?



Salad leaves?



Grated cheese?

Hummus?



Examples of a tasty packed lunch

- Pasta salad. What will go in yours?

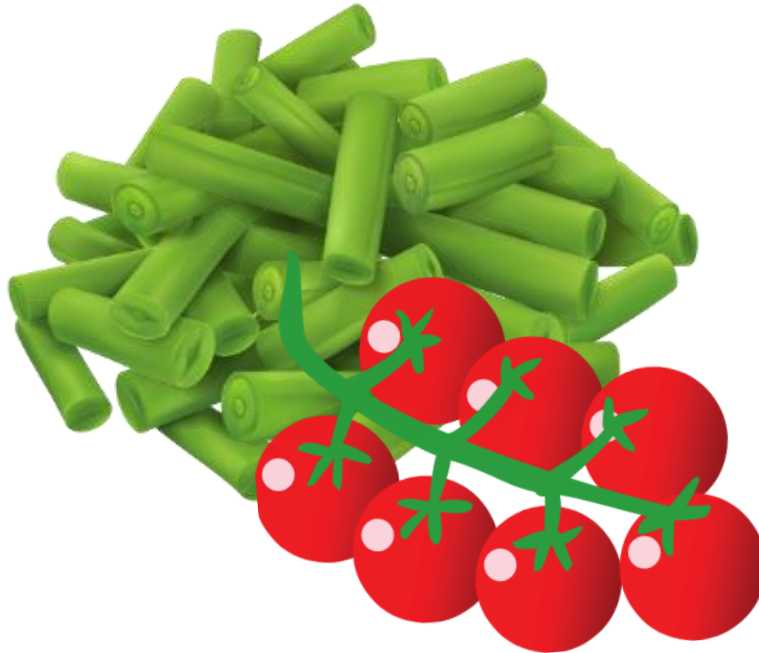


How about...

Roasted vegetables?



Green beans?
Cherry tomatoes?



Tuna?



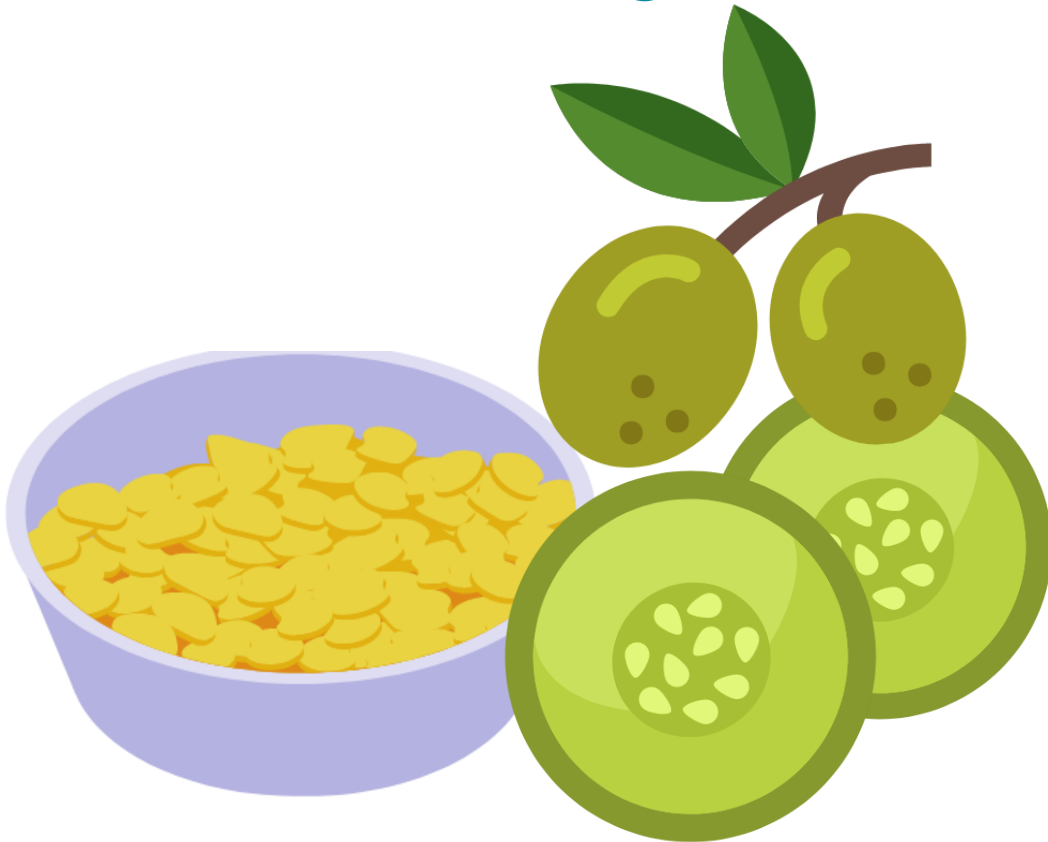
Examples of a tasty packed lunch

- **Homemade mini pizzas. What toppings will go on yours?**

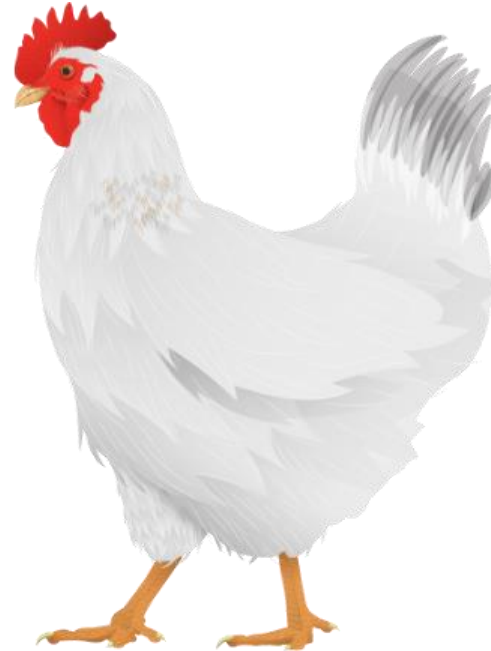


How about...

Sweetcorn, courgette, olives?



Chicken?



Mozzarella?



Take home messages

- Remember, a tasty and healthy packed lunch will give us lots of energy and help our bodies to grow.
- It is important to eat lots of different fruits and vegetables.

Your challenge

- 1) Draw your favourite packed lunch and label the key food groups we have gone over today.
(Carbohydrates, proteins, fats, calcium and fruits and vegetables)