

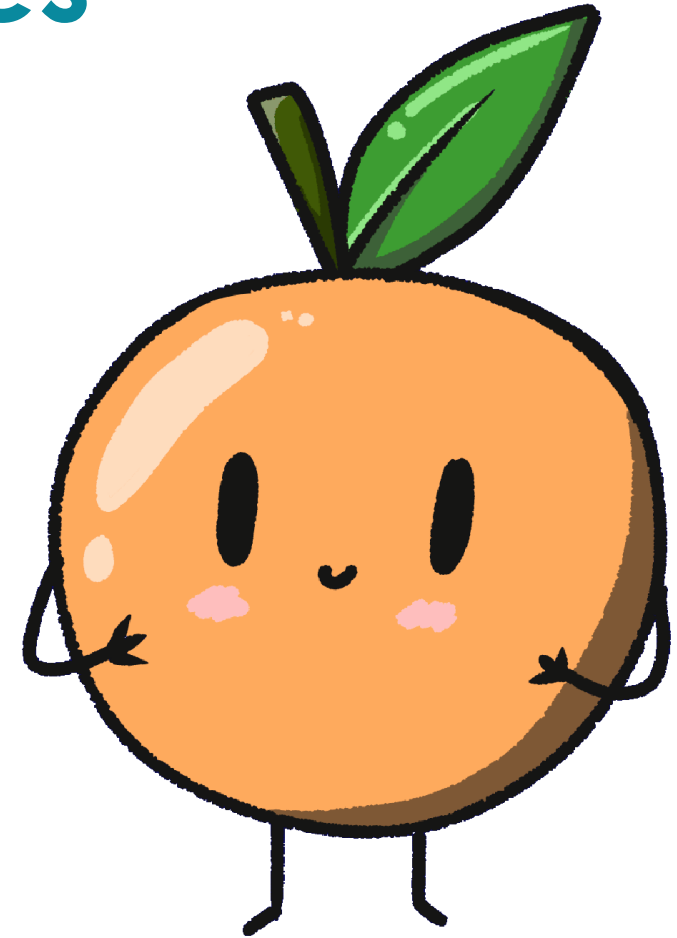
What's for lunch?



KS1 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 the special nutrients our bodies need
- To try some new foods

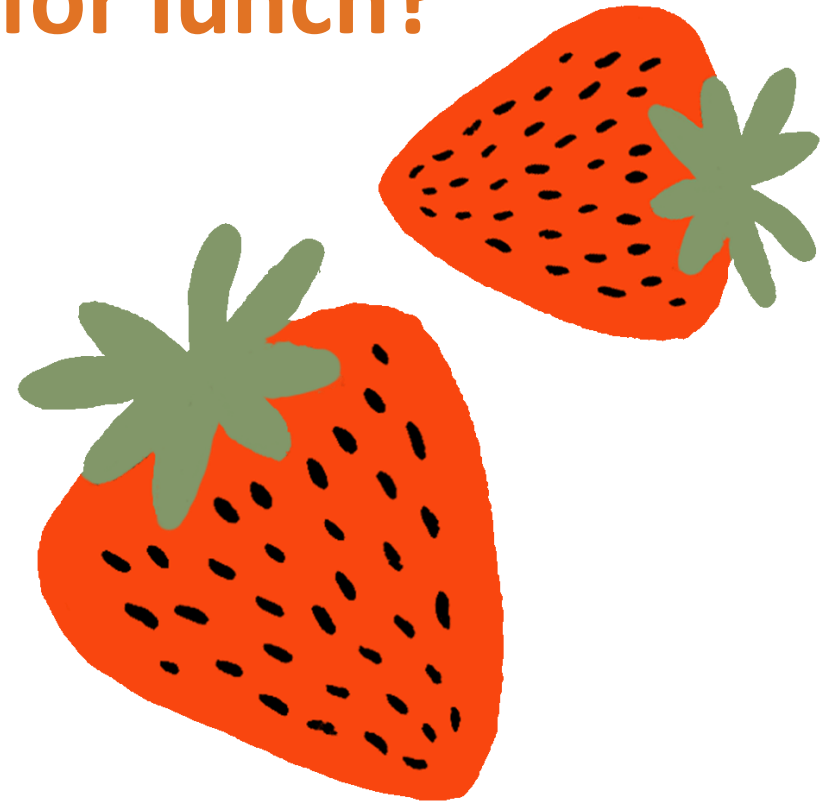


Hands up...

1) What is your favourite food for lunch?

2) Why do we eat lunch?

3) Why do you like lunch?



Why is our packed lunch important?

We eat lunch to give us lots of energy to play. 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

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.

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

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

Choose foods lower in fat, salt and sugars

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



Eat less often and in small amounts



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



6-8 a day
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.

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

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

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?

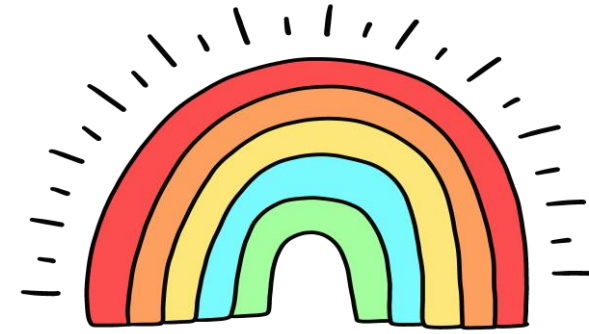
To stop your sandwiches from getting squished, store your packed lunch in a padded, resealable bag.

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





Eat the rainbow



It is important we eat lots of different foods, including plenty of fruits and vegetables, all the colours of the rainbow!

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 to run around and play with our friends!

Starchy carbohydrate foods include whole wheat bread, brown rice, brown pasta, potatoes and couscous.



Proteins

Which foods contain proteins?



Proteins

Proteins help our bodies to grow and repair if we fall over and hurt ourselves.

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



Healthy fats

Which foods contain healthy fats?



Healthy fats

Some fats are important for our health in small amounts.

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?

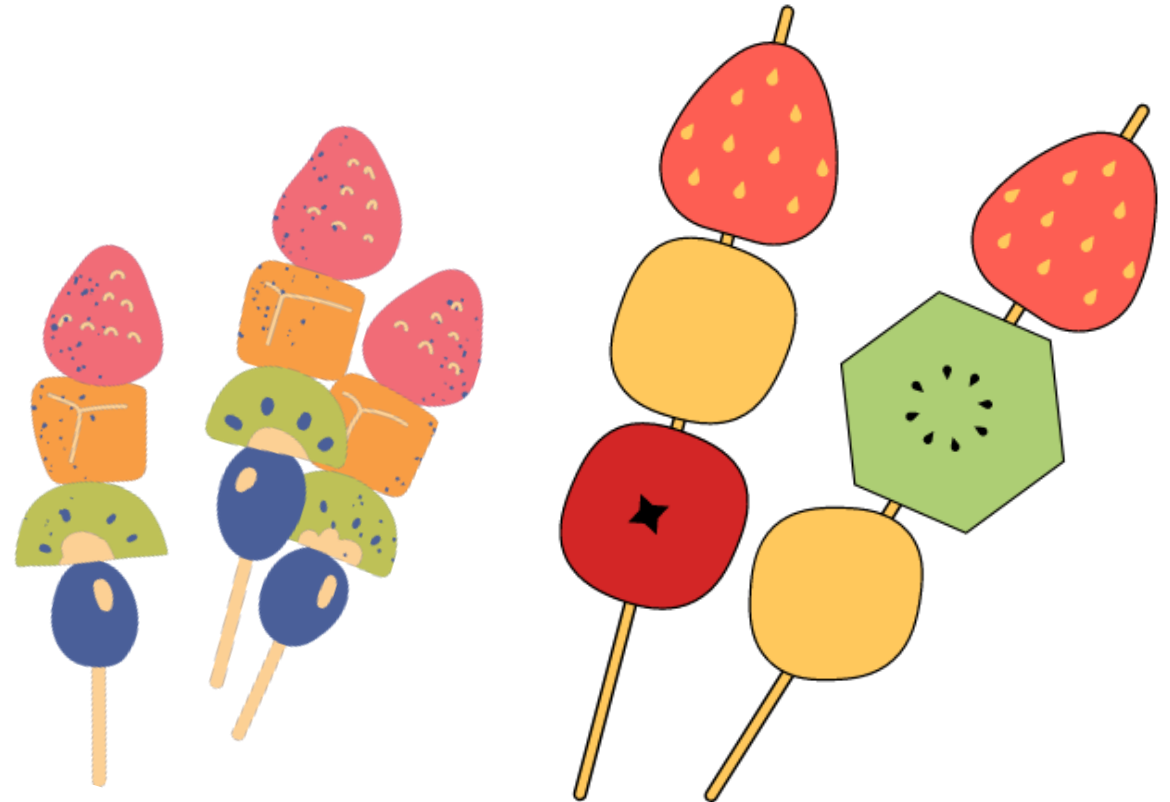
Fruits and vegetables contain lot of special nutrients. Eating lots of different fruits and vegetables keeps our bodies healthy.



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?



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?



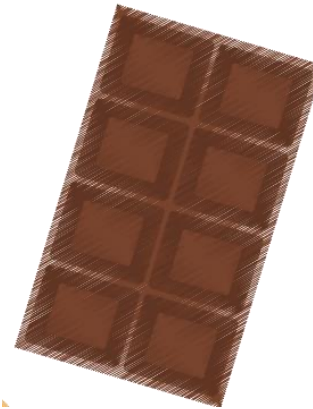
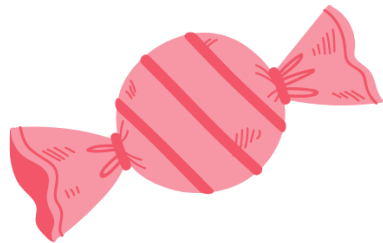
Water or milk are the the best drinks
to keep our bodies healthy.



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?



Hummus?



Grated cheese?



Examples of a tasty packed lunch

- Pasta salad. what will go in yours?

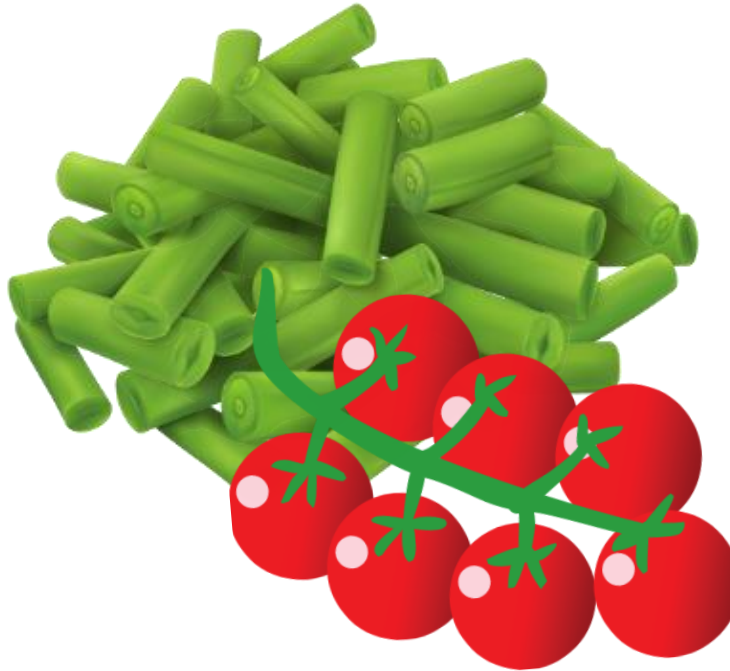


How about...

Roasted vegetables?



Green beans?
Cherry tomatoes?



Tuna?



Examples of a tasty packed lunch

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

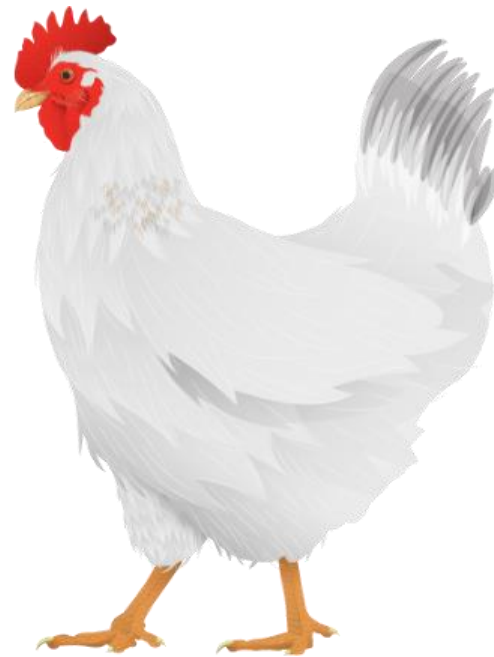


How about...

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) Tick off all the different fruits and vegetables you eat this week using your rainbow chart.