



A HEALTHY LUNCH

Activity Booklet



Name:

Lunch and the Eatwell Guide

We need to eat a healthy balanced diet in order to keep our bodies and our brains strong, fit, healthy and working as best they can!

Look at the Eatwell Guide below. A healthy lunch should contain something from the four main food groups plus a drink.

- **Starchy Carbohydrates** - These give us energy and fibre
- **Fruit and Vegetables** - These contain different vitamins, minerals and fibre to keep our bodies healthy
- **Protein** - These foods help build strong muscles
- **Dairy** - The foods give us calcium for healthy bones and teeth
- **Drinks** - Keep us happy and hydrated

Which foods do you usually have from the different sections for lunch? Do you know why some foods are outside of the circle? This is because these foods are not needed to keep our bodies healthy. Therefore, they should be eaten less often and in smaller amounts.



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

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Lunch and the Eatwell Guide

Design a poster from the 'Lunch Police' letting people know that their lunches should contain all the different food groups to keep them fit and healthy. You could try using speech bubbles and the names of the different food groups. Try to think of a catchy slogan, for example: **Don't be fools, follow the Healthy Lunch Rules!**



Healthy Lunch Swaps

Complete the healthy lunch swaps by thinking of delicious healthier options. Draw or write your swaps below.



How could you include some fruit and vegetables?

What might make a delicious and healthy sandwich filling?

Lunch and the Eatwell Guide

Take a look at the packed lunch picture below. Think about the different foods and which Eatwell Guide group they belong to. Are there any food groups missing from this lunch? Can you think of any food swaps that would make it healthier, based on the knowledge you now have? You could write or draw them in the space below.



Suggestions:

Designing Our Own Lunch

You will be designing and costing a healthy packed lunch, containing something from each food group of the Eatwell Guide.

Using the Eatwell Guide on page 12, remind yourself of the different foods you could choose from each food group to go into your lunch-box. Look at the Food Prices sheet, on the next page and think about the different items and costs. Remember that we need a balance of food in our lunch.



Once you are happy with your choices, you can fill in the 'Lunch for £1' sheet on page 8 and you can cost out your lunchbox using the Food Prices Sheet.

If you have chosen foods that aren't on the worksheet you could look them up online, or swap them for a similar type of food that is on the sheet.

Have you met the challenge of making your lunch for less than £1?
If not, what could you change to make sure it is less than £1?

Food Prices Sheet

	Item	Cost
Carbohydrates	Slice of white bread	3p
	Slice of brown bread	4p
	Wrap	8p
	Bagel	14p
	Pitta bread	6p
	3 x breadsticks	8p
	3 x rice cakes	18p
	Pasta (50g)	3p
	Couscous (50g)	5p
Sandwich fillers	Portion of spread	3p
	Slice of ham	7p
	Slice of cheese	9p
	Cream cheese	10p
	Tuna (1/3 tin)	22p
	Slice of chicken	10p
	Slice of Quorn	10p
	Portion of marmite	7p
Fruit and vegetables	Egg	13p
	Cherry tomatoes (4)	37p
	Portion of cucumber	10p
	Carrot	5p
	Half a pepper	21p
	Mange tout (5)	9p
	Apple	10p
	Banana	13p
	Satsuma	14p
	Portion of grapes	17p
	Portion of strawberries	33p
	Portion of raspberries	35p
	Portion of blueberries	30p
Puddings	Kiwi	8p
	Portion of plain yoghurt	9p
	Fruit yoghurt	22p
	Drop scone	5p
	Pack of raisins	7p
	Pot of sugar-free jelly	33p
	Small bag of popcorn	17p
	Slice of malt loaf	20p
	Pot of rice pudding	30p
Pot of custard	22p	

Lunch For Less Than £1

Does your lunch include items from each group of the Eatwell Guide? Write the different foods next to the correct food group.

Carbohydrates: _____

Fruit and vegetables: _____

Protein: _____

Dairy: _____

Drink: _____

How much does your lunch cost?

Food Item	Cost
Total Cost	£

Do you think people would enjoy eating your lunch and why?

Consolidate And Make



FOOD SAFETY AND HYGIENE

What do you need to do before you start any food preparation activities?

- Tie back long hair
- Roll up sleeves
- Remove jewellery
- Cover open cuts with a brightly coloured plaster
- Wash hands thoroughly with hot, soapy water
- Wear an apron
- Never cough or sneeze over food. Cough or sneeze into a tissue, bin it and rewash hands.

Copies of all recipes are available on our website at:
www.phunkyfoods.co.uk/recipes

Cook A Long videos to accompany these recipes are also available at: www.phunkyfoods.co.uk/parents/cooktogether/



TASTY LUNCH WRAPS

So we were asked to make a tasty, healthy wrap recipe ... where to start? So many choices of delicious, nutritious foods to include!

A healthy and tasty lunchbox option; simple enough for children to make for themselves. For the safety of young children you could pre-peel and pre-grate ingredients and then let the children build their wrap themselves.



Skills Check (as appropriate for each key stage): Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; cut using bridge/claw knife technique safely; use a vegetable peeler safely; use a box grater safely; spread with a knife/spoon.

Equipment: Small bowls, measuring spoons, spoons, chopping board, knife, box grater, vegetable peeler.

Allergens*: Gluten | Eggs | Milk

Ingredients (makes 1 wrap):

- 1 wholemeal wrap
- 1 dsp light cream cheese
- 1 tsp natural yogurt, low fat

A choice/variety of fillings from:

- Grated cheese, sliced ham, sliced boiled eggs
- Grated carrot, sliced cucumber, sliced tomato, lettuce or spinach leaves

Method

1. Combine the cream cheese and yogurt in a bowl, and mix well.
2. Spread the mixture along the middle of each wrap.
3. Place your choice of fillings in the centre of the wraps, being sure to include some salad vegetables!
4. Fold the bottom of the wrap upwards and then fold and roll the wrap to secure the filling.

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

TASTY LUNCH WRAPS

Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So thinking about Tasty Lunch Wraps...

Wheat wraps, like bread, are a good source of complex carbohydrates which gives us energy. Generally wholemeal breads/wraps tend to be more nutritious than white, and they also contain more fibre.

Cream cheese/yogurt are dairy foods. They contain calcium which helps us build strong bones and teeth.

Cheese/ham/eggs all contain protein; essential for healthy growth and repair of our bodies.

Vegetables are so good for us! Full of vitamins and minerals.



Energy, sugar, fat and salt per serving

Per 195g serving (based on the following filling: cheddar cheese, ham, lettuce and tomato)

ENERGY
1505kJ / 360kcal

18%

MED

FAT
17.0g

24%

HIGH

SATURATES
8.6g

43%

LOW

SUGARS
5.3g

6%

MED

SALT
1.8g

30%

% of an adult's reference intake

Typical values per 100g : Energy 772kJ / 184kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% **Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

Eatwell Guide



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juices and/or smoothies to a total of 100ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates

Eat at least 5 portions of fruit and vegetables every day
Fruit and vegetables

Dairy or soya products
Choose lower fat or lower sugar options

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.

Oil & spreads
Choose unsaturated oils and use in small amounts



Eat less often and in small amounts