

Lesson	Lunch Box Junk Box!	50/60-minute session
Learning Outcomes	<ul style="list-style-type: none"> • Students understand what is currently in their lunch box to be able to make healthier choices • To be able to make swaps towards a balanced lunch box which will enable increased concentration to learn <i>(Potential links to Maths & Science)</i> 	
Resources Needed	<ul style="list-style-type: none"> • Lunch Box Sheets • Lunch Box Picture/Information Cards • Eatwell Guide • School Meal Menu & Information 	

Adaption maybe required for needs and age. Consideration must be given to any allergy or dietary requirements.

	Outline	Resources
Introduction 5mins	<p>Take a hands up survey of who in the class has packed lunches and school meals.</p> <p>What do the students see as the pros & cons of both? – Class Discussion</p>	
Activity 1 – What’s in your Lunch Box? 10mins	<p>Set up <i>Some children will have school meals so careful attention should be given to pairings to enable children to work together.</i></p> <p>Activity Working in pairs/trios fill the blank lunch box up with what they would typically have – at this stage it does not matter where they put the different foods.</p> <p>Discuss what they have in their boxes and what they think to the contents. Is it healthy and balanced? Turn the cards over the find out.</p> <p>You may like to have a look at the nutritional information on the back to complete maths tasks e.g. working out how much salt is included, compared to Daily Recommended Allowances (Note: all information is based on per 100g) http://www.foodlabel.org.uk/label/gda_values.aspx <i>(This can be made more practical by using real/3D food and lunchboxes)</i></p>	Blank Lunch Box Template Picture Cards
Activity 2 – Do the swap! 20mins	<p>Activity Using the coloured lunch box (designed to represent a version of the Eat Well Guide) to understand how much of what type of food should be in a lunch meal.</p> <p>Using the cards make swaps (where needed) into the coloured lunch box to create a more balanced and healthy lunch.</p> <p>Look at what you have taken out and what foods you have replaced – Class Discussion</p> <p>Do you know how your plate should be divided for each meal? – (Use the Eat Well Guide to support learning.) https://www.nutrition.org.uk/healthyliving/healthydiet/eatwell.html</p> <p>In your lunch box you have -</p>	Coloured Lunch Box Template Information Cards

	<p>Green - fruit & vegetables Blue – dairy & alternatives Pink – proteins (beans, pulses, meat and fish) Purple – oils & spreads Yellow - carbohydrates (potatoes, bread, rice)</p> <p>Discuss what each one is and if they have put the correct food in the right place, ask the students for an example from their boxes as you discuss each of them.</p>	
<p>Plenary 15mins</p>	<p>Using your own school meal menu take a couple of sample dishes and compare the nutritional content with the lunch box created. Are they the same which would be best and why? – Class Discussion</p> <p>Think about what else you have already eaten or will eat today? Would a school meal be better for you?</p> <p><i>(You may need to ask your caterers for this information, nutritional information will normally be given per 100g.)</i></p>	<p>School Meal Menu & Nutritional Information</p>