

Nutrition: value in everyday lunchbox foods

living-things

What you need: food sorting cards (apple, banana, carrot sticks, cherry tomatoes, wholemeal sandwich, brown soda bread roll, plain yogurt, cheese stick, boiled egg, ham slice, hummus pot, cereal bar, crisps, water, milk carton) · food-group header cards (Fruit & veg; Bread, cereal & potato; Milk, yogurt & cheese; Meat, fish, eggs, beans & nuts; Treats; Drinks) · clean sealed lunchbox packaging samples (optional real examples) · Investigation Journal page

Words to use

Food groups · Balanced lunch · Energy from food

Our question

What makes a lunch balanced for a school day?

Words to sort

apple · banana · carrot sticks · cherry tomatoes · wholemeal sandwich · brown soda bread roll · plain yogurt · cheese stick · boiled egg · ham slice · hummus pot · cereal bar · crisps · water · milk carton

Which main food group does each lunchbox food belong to?

Group 1	Group 2	Group 3

Draw and label what you see

Labels I used

What I found out

