

Nutrition: value in everyday lunchbox foods

living-things

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?

Fruit & veg	Bread, cereal & potato	Milk, yogurt & cheese	Meat, fish, eggs, beans & nuts	Treats	Drinks

One food that was tricky to place, and why

My balanced lunch

Food I chose	Which food group it comes from

Where does most of the energy in my lunch come from?