

# 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?

---



---