

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)

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?