

## Lunch Box, Swap Box - Activity Card

### Are packed lunches healthy? -

The answer is yes and no! We can make healthy packed lunches but it can be harder to do than it first looks.

A lot of the foods which are advertised as being good for us often have hidden salt, sugar or saturated fats. It is really important that we use all of the healthy eating principles when putting together children's packed lunches -

Eatwell Guide - ensuring all food groups are considered

Portion Sizes - appropriate for the individual

Whole Foods - use fresh non processed foods

Food Labels - making sure we are looking for green labels

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### The Challenge -

Can you apply the above principles you have been learning to create a healthy packed lunch?

Consider how you might store the food you select and how you could keep it fresh in a lunchbox.

Check the labels on processed food you might consider to be healthy such as -

Cereal Bars

Yogurts

Fruity Flavoured Snacks

Bread

Sandwich Fillings

Can you think of home-made versions or healthy alternatives?

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Extension Home Learning - Create Your Own Meal

Evaluate Your Meal



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**What's in your  
Lunch Box**

**Fruit &  
Vegetables**

**Proteins**

**Oils/Spreads**

**Dairy**

**Carbohydrates**