

What's for lunch?

KS1 Delivery Notes

Learning objectives:

- To understand the importance of a healthy packed lunch
- To understand what a healthy packed lunch looks like
- To learn about the special nutrients our bodies need
- To try some new foods

Resources:

- PPT presentation
- My packed lunch worksheet
- Rainbow food chart

Slide	Delivery notes
1 – What's for lunch?	• Introduce the session • Remind pupils to raise their hand if they have a question
2 – Learning Objectives	• Read out the learning objectives on the slide
3 – Hands up...	Ask the pupils – • What is their favourite food for lunch? • Why do we eat lunch? • Why do you like lunch? (Pick 2/3 pupils to answer per question)
4 – Why is our packed lunch important?	• Explain to the pupils that we eat lunch to give us lots of energy to play all day! To have a healthy and tasty lunch, we need to eat lots of different foods.
5 – The Eatwell Plate	• Explain to the pupils that the Eatwell Plate tells us what types of food we need to eat and in what amounts to be healthy. • The Eatwell plate tells us that we need to eat lots of foods in the green box, which are fruits and vegetables, and yellow box, which is bread, pasta and rice.
6 – What does a healthy packed lunch look like?	• Explain to the pupils that a healthy packed lunch should include brown bread, rice, potatoes or pasta called starchy carbohydrates • Your favourite fruits and vegetables • Calcium-rich foods such as yoghurts and milk and healthy fats such as eggs, nuts, seeds and fish. • And lots of water! Why not add some fruit to make your water even tastier?
7 – Eat the rainbow!	• Explain to the pupils that it is important to eat lots of different foods, all the colours of the rainbow!
8 – Starchy carbohydrates	• Ask pupils if they can name some starchy carbohydrate foods (flick back to slide 6 to remind them) *brown rice, bread, pasta, potatoes.
9 – Starchy carbohydrates	• Explain to the pupils that starchy carbohydrates should be the <u>biggest</u> part of our lunch, as these give us lots of energy to run around and play with our friends! • Remind the pupils that starchy carbohydrate foods include wholegrain bread, brown rice, brown pasta and potatoes.

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10 – Proteins	Ask pupils if they can name some protein-rich foods (flick back to slide 6 to remind them) *meat, eggs, beans and lentils.
11 – Proteins	- Explain to the pupils that proteins help our bodies to grow and repair if we fall over and hurt ourselves. - Remind the pupils that protein-rich foods include beans (especially soya), nuts, eggs, fish and meat.
12 – Healthy fats	Ask pupils if they can name some foods that contain healthy fats (flick back to slide 7 to remind them) *eggs, nuts, seeds, vegetable oils and fish.
13 – Healthy fats	- Explain to the pupils that some fats are important for our health in small amounts and keep our hearts healthy. - Remind the pupils that healthy fats include olive oil, sunflower oil, nuts, seeds and fish.
14 – Dairy and alternatives	- Explain to the pupils that dairy and dairy alternatives are important for children's growing bones and teeth. - Dairy foods include milk, cheese and eggs. Dairy alternatives include fortified plant-based milks made from soya, oat, almond or coconut.
15 – Fruits and vegetables, what's all the fuss about?	Explain to the pupils that fruits and vegetables contains lots of special nutrients. Eating lots of different fruits and vegetables keeps our bodies healthy and happy.
16 – Fruits in your lunchbox	Ask pupils which fruits they would choose for their lunchbox
17 – Vegetables in your lunchbox	Ask pupils which vegetables they would choose for their lunchbox
18 – Once in a while...	- Explain to the pupils that we should only have foods such as chocolates, sweets, crisps, cakes and fizzy drinks once in a while as these foods aren't good for our bodies or teeth. - Explain to the pupils that eating these foods often wont give us they energy our bodies needs to get through the day.
19 - So, what's for lunch?	Explain to the pupils that we are now going to have a look at some healthy and tasty foods we could have in our packed lunch.
20 – Examples of a tasty packed lunch	Hands up if you would like a sandwich, bagel, wrap or pitta for your lunch? What will go in yours?
21 – How about...	Ask pupils if they would like – sliced pepper, onion, cucumber or tomato? Or salad leaves? Or hummus? Or grated cheese?
22 – Examples of a tasty packed lunch	Hands up if you would like a pasta salad for your lunch? What will go in yours?
23 – How about...	Ask pupils if they would like – roasted vegetables? Or green beans and cherry tomatoes? Or tuna?

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24 – Examples of a tasty packed lunch	• Hands up if you would like a homemade pizza for your lunch? What will go in yours?
25 – How about...	• Ask pupils if they would like – sweetcorn, courgettes, olives? Or chicken? Or mozzarella?
26 – Take home messages and challenge	• Remind children that a healthy packed lunch will give us lots of energy and help our bodies to grow. • It is important to eat lots of different coloured foods. • Explain to pupils their challenge - 1) draw your favourite packed lunch (give out worksheet) 2) Tick off all the different colours you eat this week using your rainbow chart (give out worksheet)