

What's for lunch?

KS2 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 important vitamin and minerals 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 – What is our packed lunch important?	• Explain to the pupils that we eat lunch to give us lots of energy. To have a healthy and tasty lunch, we need to eat lots of different foods. • Explain to the pupils that a healthy and tasty lunch helps us to grow, gives us energy and makes us feel good.
4 – The Eatwell Plate	• Ask pupils: Has anyone ever seen or heard of the Eatwell Plate before? • 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 is made up of mainly fruits, vegetables, bread, rice, potatoes and pasta. We need protein foods such as meat, eggs, beans and lentils and healthy fats such as cheese, milk, nuts and vegetable oils in smaller amounts.
5 – What are nutrients?	• Explain to the pupils that the foods we eat can often be called nutrients. Ask pupils: Does anyone know what nutrients are? • Explain to the pupils that nutrients are found in the foods we eat. Our bodies need nutrients to work properly. • Explain to the pupils that we are now going to take a look at those nutrients in our packed lunches.
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 – Starchy carbohydrates	• Ask pupils if they can name some starchy carbohydrate foods (flick back to previous slide to remind them) *brown rice, bread pasta, potatoes.

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8 – 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 for the day. We need 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.
9 – Proteins	• Ask pupils if they can name some protein-rich foods (flick back to slide 7 to remind them) *meat, eggs, beans and lentils.
10 – Proteins	• Explain to the pupils that all the cells in our body are made of protein. Proteins help our bodies to <u>grow</u> and <u>repair</u> and are particularly important for children due to rapid growth. • Remind the pupils that protein-rich foods include beans (especially soya), nuts, eggs, fish and meat.
11 – 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.
12 – Healthy fats	• Explain to the pupils that some fats, known as fatty acids, are essential 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.
13 – 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.
14 – 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.
15 – Fruits in your lunchbox	• Ask pupils which fruits they would choose for their lunchbox
16 – Vegetables in your lunchbox	• Ask pupils which vegetables they would choose for their lunchbox
17 – Vitamins and minerals	• Explain to pupils that vitamins and minerals are needed in small amounts in the body and are very important for our health. Each vitamin and mineral has a different function in the body and helps us to grow, fight off nasty bugs and makes sure our brains are ready to learn! • Some important vitamins and minerals are: • Vitamin C • Vitamin D • Calcium • But which foods can we find them in?

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18 – Vitamin C, D and calcium	• Explain to the pupils that vitamin C helps us to fight off nasty bugs that make us unwell. We can find vitamin C in citrus fruits like lemons and oranges, berries, broccoli and peppers. • Explain to the pupils that vitamin D helps our bodies to make strong bones as well as keeping our immune system healthy. We can find vitamin D in oily fish, chicken, lamb and fortified foods. • Explain to the pupils that calcium helps our bodies to make strong bones and teeth, which is very important for growing children. We can find calcium in milk, cheese, yoghurts, spinach, broccoli, nuts and seeds.
19 – 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 won't give us the energy our bodies need to get through the day.
20 – 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.
21 – 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?
22 – How about...	• Ask pupils if they would like – sliced pepper, onion, cucumber or tomato? Or salad leaves? Or hummus? Or grated cheese?
23 – Examples of a tasty packed lunch	• Hands up if you would like a pasta salad for your lunch? What will go in yours?
24 – How about...	• Ask pupils if they would like – roasted vegetables? Or green beans and cherry tomatoes? Or tuna?
25 – Examples of a tasty packed lunch	• Hands up if you would like a homemade pizza for your lunch? What will go in yours?
26 – How about...	• Ask pupils if they would like – sweetcorn, courgettes, olives? Or chicken? Or mozzarella?
27 – 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)