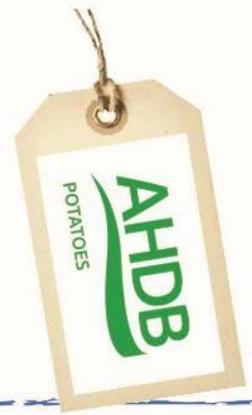


GROW YOUR OWN POTATOES



Healthy eating and potatoes

Lesson 11: Planning a healthy lunchbox

Children will:

- Apply their knowledge of healthy eating to plan a healthy lunchbox.

Cut out the Lunchbox foods cards 1 & 2 in advance of the lesson.

You may also wish to laminate these for durability.

If you are working with children aged 5-7, you will need a set of cards for each group of 6 children.

Introduction

Recap what children learned in Lesson 10 about **The eatwell plate**.

Display **The eatwell plate** image from the **Healthy eating PowerPoint**.

Question the children:

- What is **The eatwell plate**?
- How many food groups are there?
- What are the food groups called?
- Why are the groups different sizes?
- What foods belong in each group?
- What do we need to eat to be healthy?

Explain to the children that they will be planning a healthy lunchbox.

Show the children the **Healthy lunchbox checklist factsheet 6** or the Plan a lunchbox whiteboard activity.

Explain that this will help them to remember to include different foods from **The eatwell plate**.

Talk through the checklist. Discuss with the children that the checklist does not include *Foods and drinks high in fat and/or sugar*.

Explain that this is because we do not need to include foods from this group in our lunchbox.

Food and drinks from this group can be consumed in small amounts or occasionally, but not everyday.

For example, on a family picnic you might share some crisps as part of your lunch.

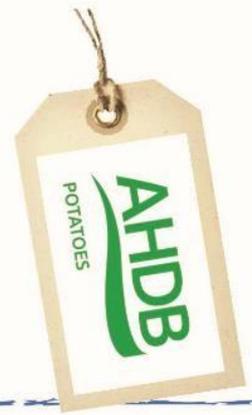
Ask the children if they can tell you where crisps come from.

Use the **Plan a lunchbox** whiteboard activity to demonstrate to the children how to follow the checklist and put together a healthy lunchbox.

Potatoes play an important part in a healthy, varied lunch, e.g. potato salad, slice of potato based pizza, potato skins with toppings, potato bread.



GROW YOUR OWN POTATOES



Healthy eating and potatoes

Lesson 11: Planning a healthy lunchbox – contd.

Task

Ages 5-7

Split the children into groups of 6. Give each group a set of the 30 **Lunchbox foods cards**.

Check the children know what each food is and where it would fit on the checklist.

The cards should be turned face down and jumbled.

Give each child a **Lunchbox bingo board card 2**. (There are a few images from each of the checklist points to prompt the children.)

To make the task more challenging, you may wish to use **Lunchbox bingo board card 3** which does not contain image prompts.)

The children can take it in turns to turn over a card and place it correctly on their board. If they have already filled a space, they must return the card and wait for their next turn.

The game continues until one player fills all the items on the checklist. The game can be repeated.

Alternatively, the children could record the lunch that has been generated with their cards by illustrating or writing down the food items.

Ages 7-11

Ensure the lunchbox checklist is displayed, either by making factsheet 6 available or displaying the checklist on an interactive whiteboard.

Split the class into 6 groups.

Shuffle and deal the **Lunchbox foods cards** into 6 piles. Give a pile to each group.

Allow each group a few minutes to look at the foods they have and check if they have everything from the checklist.

Once they have checked, allow the children 2-3 minutes to swap foods with the other groups so that they can meet the checklist. This activity can be repeated.

Alternatively, you could give children the **My lunchbox worksheet 17** and let them plan their own healthy lunchbox.

Extension

Using the same principle as with the lunchboxes, challenge the children to plan a healthy evening meal using a similar checklist. See **Planning a healthy meal worksheet 18**.

Summary

Question the children to see if they can tell you what should be in a healthy lunchbox (or a healthy meal, if they have completed the extension task).

Why not...

Plan and make your own class healthy lunchboxes and go for a picnic in the school grounds or local park.

Make an exciting potato salad using potatoes you have grown at school.

Remember to include plenty of fruit and vegetables.

Use the **Potato salad** recipe from the Grow Your Own Potatoes (www.gyop.potato.org.uk) website.

