



# Make a healthy packed lunch

This task is to make choices for a healthy packed lunch.

A packed lunch can supply about 30% of the daily energy requirements for a person.

The Nutrition Program shows 14 nutrients in My Meals to help you decide if a packed lunch is healthy.

This is a school's advice about providing healthy packed lunches.

## Guidance on healthy packed lunches

Packed lunches should be based around high fibre foods to provide sufficient energy to maintain concentration throughout the whole day.

Packed lunches should encourage 5 portions of fruit and vegetables per day

Don't include high sugar, high fat and high salt products e.g. crisps, salted nuts

Don't include confectionery such as chocolate bars, chocolate coated products, sweets or cereal bars

Cakes or biscuits not containing confectionery can be included as part of a balanced meal

Drinks permitted are plain water, low fat milk, pure fruit juice, vegetable juice, yoghurt drinks or flavoured milk drinks.

**Task - make choices for a healthy packed lunch.**

Choose two things you could cook and find the recipes - choose a savoury and a sweet recipe.

Put the two recipes into **My Recipes** and look at the Nutrition info.

Export the information and save it.

Now go into **My Meals**.

Call the meal **Packed lunch** and choose your own age group.

Choose a portion of each of the recipes that you have put into My Recipes.

The Nutrition Program does this for you.

Now **Add foods** to the packed lunch.

Ideas could include fruit such as oranges, apples, banana.

Or vegetables such as carrots, celery or cauliflower pieces.

Now choose a drink.

- Look at the Nutrition info for your packed lunch.
- Export the Nutrition Data and put it into your work.
- Make a comment on the results.

The Nutrition Program shows 14 nutrients in My Meals to help you decide if a packed lunch is healthy.

You will see the results as % of Recommended Meal intake and Traffic light.

Answer these questions

1. Does your packed lunch supply enough energy for the age group you have chosen?

Yes or no

2. Suggest 2 things you could do to change the choice to make it healthier.

1

2

3. List 3 nutrients from the packed lunch which need improving.

1.

2.

3.

4. Describe the function of one of those nutrients.

(Tip – put your mouse over the nutrient and see the information.)

Further work

Make changes to your packed lunch to see if you can make it more healthy.

Describe 2 changes that you made.

1.

2.

Further, further work

Choose a really unhealthy packed lunch and Export the Nutrition Info.

1. Give 2 reasons why it is unhealthy.

1.

2.

2. List 3 food choices to change to make it better.

Give your reasons for each change.

1.

2.

3.