



Lesson Three: Packing a lunch



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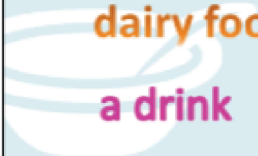


What is in a healthy packed lunch?

fruit & vegetables

protein – e.g. meat, fish or beans

a starchy food



dairy food or drinks

a drink

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Example One: a healthy packed lunch

A cheese salad sandwich has protein in the cheese and starchy food in the bread



Image of a bottle of water

Water is the drink in this lunch

A banana is the piece of fruit in this lunch



Yellow pepper sticks are the vegetables in this lunch

Image of a small packet of low-fat soft cheese

Low-fat soft cheese is a dip for the pepper sticks and is the dairy food in this lunch

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Example Two: a healthy packed lunch

The chapatti in this lunch is the starchy food



The Chana Dhal contains chickpeas and lentils which will count as the protein and vegetables in this lunch

Image of 250 ml carton of semi-skimmed milk

The grapes are the portion of fruit in this lunch



Semi-skimmed milk is the dairy and the drink in this lunch

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What are treat foods in a packed lunch?

- We have already learnt, some foods are for everyday and some are better saved for a treat.

Can you think what lunchtime foods would be best as a treat?

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Rather than everyday, foods and drinks like these are best to only have as a treat:



Image of a small packet of gummy sweets



Image of a small bottle of juice drink

Image of a small packet of milk chocolate buttons



Image of a fruit corner yoghurt



Image of a 500 ml bottle of fizzy cloudy lemonade



Image of a small packet of mini marshmallows



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Activity 3: Design your own healthy Packed Lunch for a school trip

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Worksheets are provided (Design your own picnic box).