

Packed lunches, breaks, and snacks



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Aims of Today's Workshop

To think about:

- How many snacks children have in a day
- Whether those snacks are everyday or treat items
- Packed lunches for school or trips out

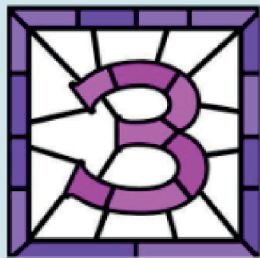


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- 1) The aim of children's lessons was to prepare the children for the cooking workshop. Since parents/guardians are in charge of making packed lunches, children were just taught on breaks/snacks. But they will try to plan healthy packed lunch with parents' help in the cooking workshop.
- 2) The messages conveyed throughout the lessons and cooking workshop are consistent. These are to increase fruit and fibre intake and to decrease sugar, salt and fat intake. Please make sure that parents are aware of the key messages.

Remember...



**Healthy
Meals**



**Healthy
Snacks**

are best every day

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Snacks can be at anytime in the day, however children tend to need a snack at break time to help keep their blood sugar levels constant – this helps delay hunger until lunchtime and boosts concentration.

In general, children also tend to become hungry after school. Some parents choose to serve dinner early to combat this and so a healthy snack later on may help to curb hunger later into the evening. However, if dinner is not served until later in the evening, after school is an ideal time to have a snack.




**Bert has no snack
at break time...**



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By lunch time, Bert...

- Can't do his lessons. 
- Has no energy to play with his friends. 
- Is VERY hungry!! 

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Bert decides to try a healthy snack...



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ACTIVITY 1:

**Can you name
some healthy
snacks?**



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- 1) Please reinforce the message of variation and balance. We don't ban consuming any food/drink, but we suggest some food/drink as everyday and some as treat.
- 2) You may tell children that Bert doesn't know what a healthy snack is and they can help Bert to have healthy breaks. They were already taught about the healthy options.
- 3) A healthy snack is low in sugar, fat, and salt and provides some vitamins and minerals. Fresh and dried fruit, vegetables, natural low-fat yogurt, and nuts are examples of healthy snacks.
- 4) Children can have cakes, chocolates, crisps, candies, and juice as treat. But parents should think of the portion sizes as well. If they want to treat their children with chocolate, it's better to give a small piece of chocolate (such as Celebration selections).

Did you guess some of these?



Tinned
pineapple
(in fruit juice)



Strawberry
fromage
frais tube

Did you think of any others?

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- 1) Use this slide to introduce healthy snacks.
- 2) Healthy break is low in fat, sugar, and salt and provides some vitamins and minerals.
- 3) On a day out, children may need to have a big snack which provides them with enough energy to do activities. Small home made sandwiches are a good option. You may ask participants to name healthy sandwich fillings. Mention that you'll talk about healthy sandwiches later (packed lunch).

Did you guess any of these?



Image of
a small
packet of
gummy
sweets



Image of a
small packet of
milk chocolate
buttons



Image of a small
packet of mini
marshmallows



Image of a fruit
corner yoghurt



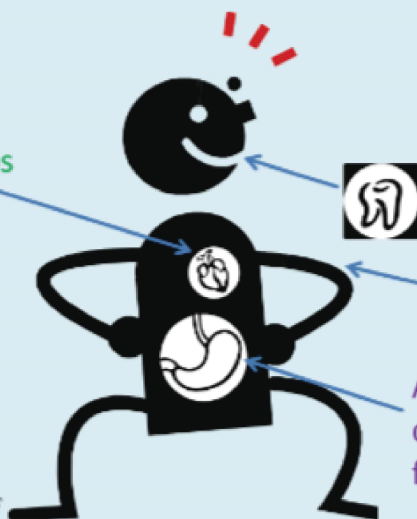
Foods like these are better as a treat

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A healthy snack is...

A healthy snack is lower in sugar and fat which helps to keep our insides, like our heart, healthy



A healthy snack is high in vitamins and minerals, like calcium, help to keep us healthy and build strong teeth and bones

A healthy snack can help us feel fuller for longer

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A healthy snack is high in vitamins and/or minerals, Keeps you fuller for longer, Lower in sugar and Lower in fat

Examples include: fruit, vegetables, low-fat dairy – e.g. yoghurt, starchy foods – toast, sandwiches with a low fat, low sugar filling, breadsticks, cracker.

Healthy snacks

- Healthy snacks also contain less sugar which helps to keep our teeth healthy:

Healthy Teeth



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Bert is going on a School Trip



He needs to take a packed lunch with him...

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What could Bert have in his packed lunch for the trip?



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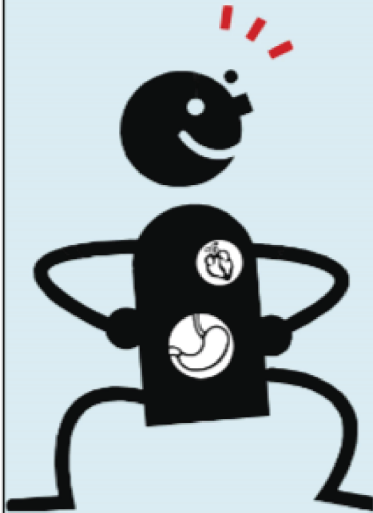
A packed lunch should contain:



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Fruit and Vegetables



Fruit and vegetables contain vitamins and minerals that help to keep our bodies healthy





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Why do we need to eat fruit and vegetables: fruit (at least one portion; vegetables (one portion)

Protein foods

Protein foods, like meat, fish, eggs and beans, help our bodies to grow strong



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What do protein foods do?

Some protein like meat, fish or beans (eg lentils, kidney beans, chickpeas, hummus, peanut butter and falafel).

Starchy foods

Starchy foods like rice, pasta, bread and potatoes, help to give us lots of energy and keep us fuller for longer




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What do starchy foods do?

A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.

Dairy foods and drinks



Dairy foods and drinks like low-fat cheese, yoghurt and milk, contain calcium. Calcium helps our teeth and bones to grow and stay strong.

- Semi-skimmed milk
- Strawberry fromage frias
- Medium fat soft cheese
- Fruit yoghurt
- Reduced fat hard cheese

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What do dairy foods do? Why do we need them. Low fat milk, cheese yoghurt, fromage frais or custard are examples of dairy food or drinks.

A Drink



It is important to have a drink in your packed lunch to stop you from getting thirsty. Good drinks include semi-skimmed milk, water or fruit juice.



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Why do we need a drink at lunch?

Ask if the children remember what the rule is about fruit juice... Only one glass/carton per day.

A drink: such as water, fruit juice, milk and smoothies.

ACTIVITY 2:

Can you put a healthy lunch together for Bert?



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A3 Lunchbox – Group put together pictures of the things Bert could have for lunch. As a group, decide which foods are everyday or treat

Recap...

- It is important to try to have healthy snacks
- Lunch should contain some fruit and vegetables, some protein, some starchy foods, some dairy foods and a drink.
- Eating healthily helps us to:
 - Feel fuller for longer
 - Have more energy for playing
 - Concentrate on our school work

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ACTIVITY 3:

It's now your turn
to make a healthy
wrap.



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- 1) Split the class into groups.
- 2) Please consider any allergies in your school and adjust accordingly.
- 3) Making a healthy wrap:
 - 1) Ingredients: Wrap (provide brown wrap if possible), cucumber/lettuce/tomatoes, Cheese
 - 2) Make sure that children learn how to make the wrap – see next slide.

Step 1:
Add your filling to your wrap
- leave a bit of space at the
bottom.

Step 2:
Fold up the bottom of your
wrap.

Step 3:
Fold in the sides of your
wrap.

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Some images included in this appendix are from iStock.com:

Little Caucasian girl/Energy
Family time/LittleBee80