



Nutrition

Eat Well Diet

Lesson 3

Understand how to follow the eatwell guide and have a varied nutritious diet whilst on a budget.





Lunch is an important meal for children so it is essential that a child's packed lunch contains enough of the right nutrients to keep them going during the afternoon.





A variety of healthy food is required to ensure the correct nutrients are provided.





Schools may have their own policies as to what items are allowed or not allowed in a packed lunch, so it is best to always check first.





Start the packed lunch based on starchy foods such as:

- **Pasta**
- **Bread**
- **Wraps**
- **Pittas**
- **Potatoes**
- **Rice**
- **Chapatti**





**Wholegrain
starchy
foods are the
best to
choose.**





Add plenty of fruit and vegetables one to two portions is best.

Try to vary the types of fruit and vegetables to give a mixture of nutrients.





**Add sliced
vegetables to
sandwiches or
pasta meals.**





**You can make
up your own
small bags of
dried fruit to
keep costs low.**





Try to include a portion of protein such as:

- **Meat**
- **Fish**
- **Eggs**
- **Beans**
- **Pulses**
- **Dairy food/dairy alternatives**





Protein can be added as a sandwich filling or added to pasta and rice dishes.





**To add dairy
you could
select a
yoghurt or
cheese stick.**





If dairy alternatives are used make sure they are unsweetened and fortified with calcium for a nutritional benefit.





Make sure the packed lunch includes a drink. The best options are water or semi-skimmed milk.





Dilute fruit juice with water or sparkling water. If a smoothie or fruit juice is given make sure it is no more than 150ml for the day.





As packed lunches are not always kept refrigerated in schools it is a good idea to freeze a drink so it is defrosted and chilled ready for lunch.





Some examples of packed lunch ideas are:

- **Chicken, red onion, spinach and low fat riatata in a wholemeal sandwich**
- **Salmon pate, salad, tomato and cucumber wrap**
- **Mediterranean vegetables, soft cheese pasta salad**
- **Homemade mini vegetable pizzas**
- **Sweet potato, chickpea and spinach frittatas**





Some examples of snacks for packed lunches are:

- **Plain popcorn**
- **Rice cakes**
- **Bread sticks**
- **Fruit and sliced fruit**
- **Vegetable sticks**





Some treats which could be included are:

- **Fruit jelly**
- **Malt loaf**
- **Rice pudding**
- **Banana bread**





Revision Activity 3

**Think of an example of
a healthy packed
lunch?**