

What are you favourite foods?

How healthy are they?



What about them is healthy/unhealthy?



LO: To understand what makes a balanced diet

- I can create a healthy packed lunch



Is this a healthy packed lunch?

Why? Why not?

How might you feel after eating it?



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What do you think a healthy packed lunch should included?

What should it not include?

How much food should it include?



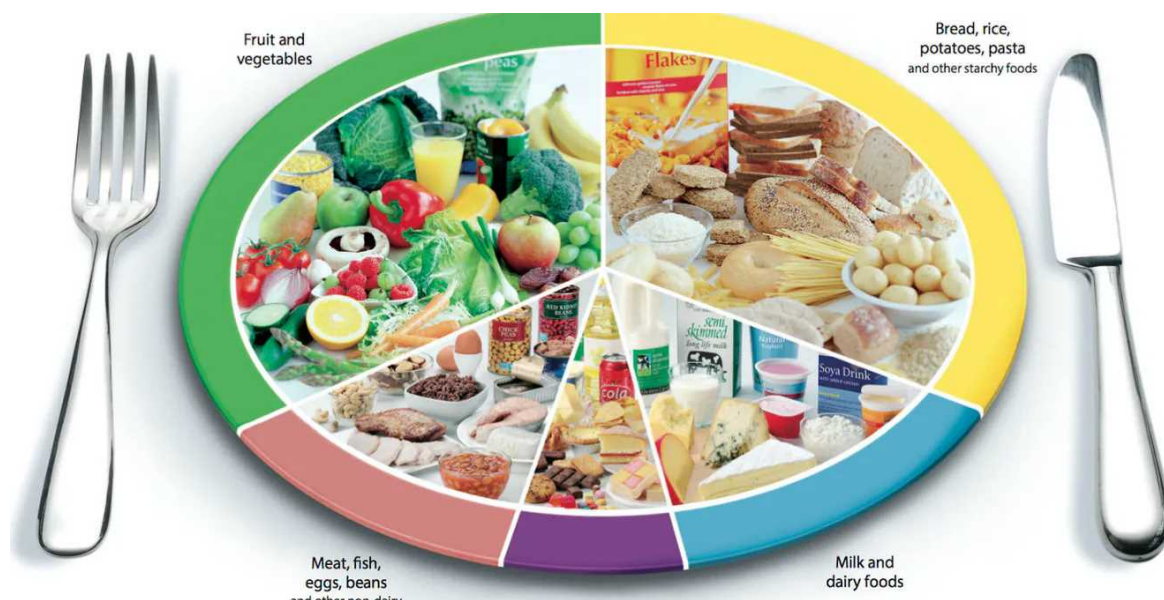
A balanced diet

A balanced diet is very important to a healthy life. It provides us with the nutrients to grow, have energy and think well.

It includes all five of the food groups. Do you know what they are?

Carbohydrates, proteins, fruit and vegetables, dairy, and some fats and sugars.

A balanced diet



A Balanced Diet: Packed Lunches

When making our packed lunch, it is important to include all five food groups.

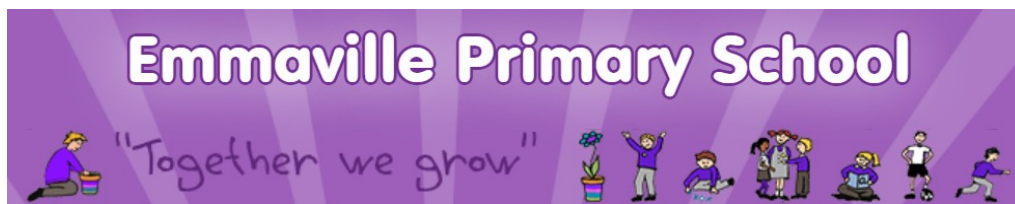
Here are some ideas for healthy and delicious packed lunches.



An Emmaville Packed Lunch

Emmaville lets you have a lot of choice for your packed lunch but there are somethings you should not have;

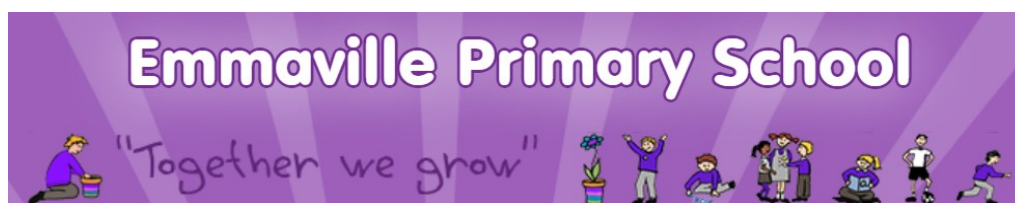
- fizzy drinks
- sweets
- chocolate yoghurts



An Emmaville Packed Lunch

You should also not have more than one item with chocolate.

- If you have a sandwich with chocolate spread, you should not also have a chocolate cake.
- Only one item with chocolate should be included.



An Emmaville Packed Lunch

Create your own healthy packed lunch.



Choose five items to include



Remember the five food groups



Remember not to put too much in



Remember to not included a fizzy drink, sweets or a chocolate yoghurt

Star Packed Lunch



Choose one child from the class who has created the most interesting, healthy and balanced packed lunch.

