

TASTY LUNCH WRAPS



So we were asked to make a tasty, healthy wrap recipe ... where to start? So many choices of delicious, nutritious foods to include!

A healthy and tasty lunchbox option; simple enough for children to make for themselves. For the safety of young children you could pre-peel and pre-grate ingredients and then let the children build their wrap themselves.



Skills Check (as appropriate for each key stage): Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; cut using bridge/claw knife technique safely; use a vegetable peeler safely; use a box grater safely; spread with a knife/spoon.

Equipment: Small bowls, measuring spoons, spoons, chopping board, knife, box grater, vegetable peeler.

Allergens*: Gluten | Eggs | Milk

Ingredients (makes 1 wrap):

- 1 wholemeal wrap
- 1 dsp light cream cheese
- 1 tsp natural yogurt, low fat

A choice/variety of fillings from:

- Grated cheese, sliced ham, sliced boiled eggs
- Grated carrot, sliced cucumber, sliced tomato, lettuce or spinach leaves

Method

1. Combine the cream cheese and yogurt in a bowl, and mix well.
2. Spread the mixture along the middle of each wrap.
3. Place your choice of fillings in the centre of the wraps, being sure to include some salad vegetables!
4. Fold the bottom of the wrap upwards and then fold and roll the wrap to secure the filling.

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



TASTY LUNCH WRAPS Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 195g serving (based on the following filling: cheddar cheese, ham, lettuce and tomato)

ENERGY
1505kJ / 360kcal **18%**

MED **FAT**
17.0g **24%**

HIGH **SATURATES**
8.6g **43%**

LOW **SUGARS**
5.3g **6%**

MED **SALT**
1.8g **30%**

% of an adult's reference intake
Typical values per 100g : Energy 772kJ / 184kcal

So thinking about Tasty Lunch Wraps...

Wheat wraps, like bread, are a good source of complex carbohydrates which gives us energy. Generally wholemeal breads/wraps tend to be more nutritious than white, and they also contain more fibre.

Cream cheese/yogurt are dairy foods. They contain calcium which helps us build strong bones and teeth.

Cheese/ham/eggs all contain protein; essential for healthy growth and repair of our bodies.

Vegetables are so good for us! Full of vitamins and minerals.



Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.