**Comparing Lunches Investigation**

<https://www.phunkyfoods.co.uk/wp-content/uploads/2016/03/PF-Healthier-Choice-Cards.pdf>

****The PhunkyFoods website has a selection of Healthier Choice cards which show that small changes to our meals can make a big difference to how healthy they are. Your school may have your own set of cards.

The cards break down each meal into the different items and use the traffic light scheme to show the nutritional content.

Print out or show on a screen Lunch 2a and 2b. Look at the traffic light colours for each meal and see what you notice. Remember we are aiming for more ambers and greens!

Now use your mathematical skills to answer the following word problems:

Questions 1. How many more grams of fat do the sandwiches of Lunch 2a have compared to Lunch 2b?

2. How many more grams of fat do the crisps of Lunch 2a have compared to the rice cakes of Lunch 2b?

3. How much more sugar does the squash of Lunch 2a have compared to the water of Lunch 2b?

4. What is the total number of ‘energy in’ calories (kcal) for Lunch 2a?

5. What is the total number of ‘energy in’ calories (kcal) for Lunch 2b?

6. What is the difference in calorie content between the two packed lunches?

*Extension*

*You could choose other cards and make up your own maths problems to show the difference between meals.*