



A HEALTHY LUNCH



A QUICK HELLO.

This nutrition education material has been compiled from a variety of elements of the PhunkyFoods Programme, specifically to be delivered as part of the Department for Education Holiday Activities and Food (HAF) Programme.

This material contains a range of fun, but educational, activities for delivery via out-of-school settings. It contains positive healthy lifestyle messaging which should be delivered in an encouraging and upbeat manner.

Each week you should choose a different theme or topic to focus on - available themes include Eatwell!, Strive for 5!, Drain your Drinks, Bag A Breakfast, Snack Attack and A Healthy Lunch.

Activity ideas for each theme might include creative literacy activities, arts and crafts activities, physically active activities, scientific investigative activities, as well as hands-on food preparation activities. These ideas are simply outlines, designed to inspire you to provide a range of different fun activities around nutrition, food and health education. They could for example be delivered as carousel activities over a one-week period culminating at the end of the week in the designated food preparation activity for that particular topic.

For each theme we have three sessions of varied, age differentiated activity ideas - these are activities you could deliver across three days for example. The fourth session for each theme is a Food Preparation Session which will allow the children to get hands on with food and create their own dish using the knowledge they have gained during the activities throughout the week. Children will learn new food preparation skills, they will gain new insights in how to eat a healthy, balanced diet and they may even try new foods that they've never tried before.

In this way we hope children will enjoy learning about food; they will learn why it is important to try new foods and to include a wide variety of different foods in a healthy, balanced diet. But most of all we want children to simply enjoy learning about food and their health, and to have a bit of fun getting hands-on and making some food for themselves.

We hope you enjoy using these materials, and we hope the children enjoy receiving them.

Wishing you all the very best for your HAF Programme,

The PhunkyFoods Team.

Eatwell Guide

Check the label on packaged foods

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	5g	1.3g	34g	0.9g
12.5%	LOW	LOW	HIGH	MED
7%	6.5%	38%	15%	

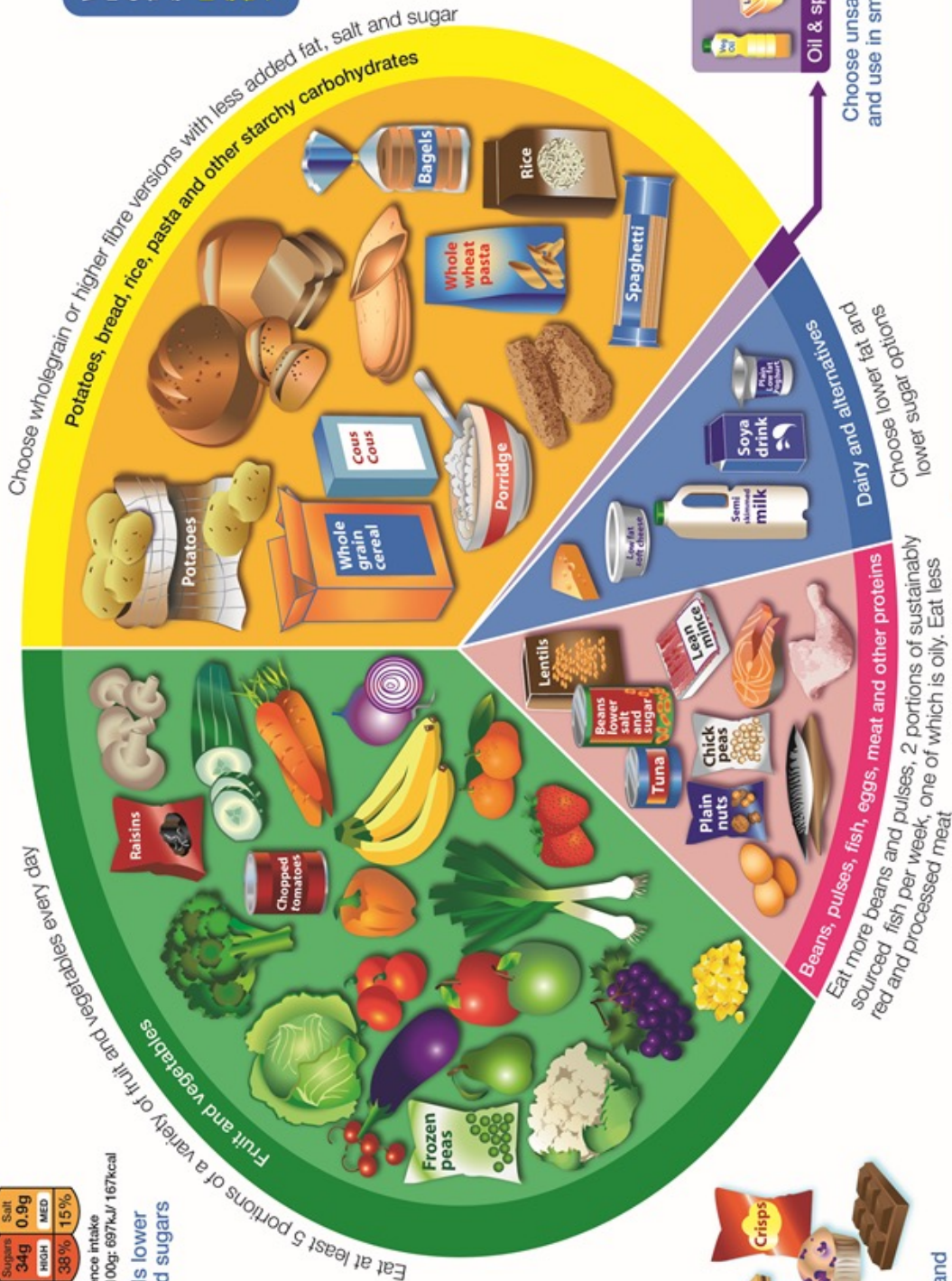
Each serving contains
of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower
in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Session 1 - Lunch and the Eatwell Guide

Explain to the children that we need to eat a healthy balanced diet in order to keep our bodies and our brains strong, fit, healthy and working as best they can!

Show the children the Eatwell Guide. A healthy lunch should contain something from the four main food groups plus a drink. Go through the different groups explaining how they help our bodies.

Starchy Carbohydrates -

Give us energy

Fruit and Vegetables -

Contain different vitamins and minerals to keep our bodies healthy

Protein -

Help build strong muscles

Dairy -

Gives us calcium for healthy bones and teeth

Drink -

Keeps us happy and hydrated

Look at the pictures in the sections on the Guide and talk about any of the foods that they already have for lunch. Can they remember why some foods are outside the circle?

Eatwell Hoops Game – all children

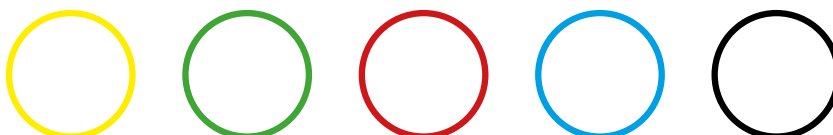
Cut out the Eatwell pictures on pages 5-6 so there is 2 per food/drink group (10 pictures in total) for each child or team. Mix them up.

Lay 5 different hoops on the ground away from the children - they need to be labelled or coloured for each food group.

The children take one picture, run to the hoop that it belongs to and place it down. They then run back and choose another picture or tag their team mate.

The winning team is the one who has placed all their pictures correctly in the quickest time.

If no hoops are available then the pictures can be placed by different beanbags or markers.







Session 1 - Lunch and the Eatwell Guide

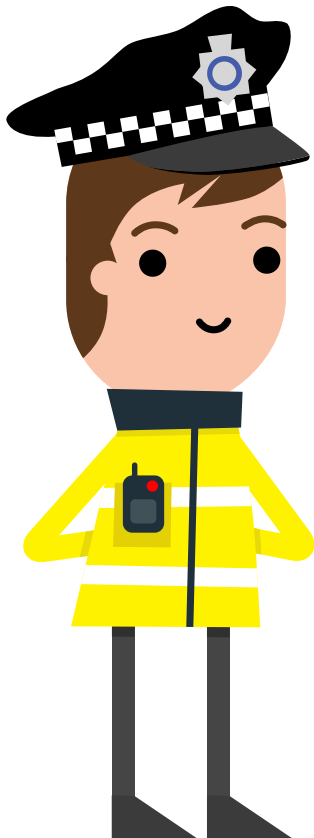
Drawing Activity - KS1

Children draw a picture of their favourite lunch (they could be eating it in their favourite place) and discuss why they like it so much.



Poster Activity - KS2

Children draw a poster as the 'Lunch Police' who check to see if lunches have a balance of the different food groups. They can use the picture as a basis or cut it out. Think about using speech bubbles and the names of the different food groups.



Don't be
fools, follow
the Healthy
Lunch Rules!

Session 2 - Making Healthy Choices

Ask the children to give you examples of what they usually have for their lunch - write them on the board. Thinking of yesterday, do they fit with the Eatwell Guide?

Swap shop!

Show the children the PhunkyFoods Healthier Choices flash card Lunch 2a on page 9. Talk through the different foods and ask children to give suggestions about what they could swap to make it healthier based on the knowledge they now have.

Do they need to add anything more to include all food groups? Currently there are no fruit or vegetables.

Suggestions:

White for Wholemeal Bread (remind children about wholemeal/wholegrain options having fibre)- think about fillings for the sandwich too.

Packet of crisps for rice cakes or veg sticks.

Bar of chocolate for a yoghurt/fromage fraise and fruit

Juice drink for water (remind children about 150mls per day for juice/smoothies)

What am I? Alternatives to Bread

What could we have in our lunchbox instead of a bread sandwich?

Have packets and examples of four items - pasta, couscous, wrap and bagel (pictures provided if need be) and play a 'What am I?' game describing the items to the children and seeing if they can guess what they are before showing them.

Explain that these are different types of starchy carbohydrates. Discuss with the children if they have tried them and how they could be eaten. Give them samples if available and encourage variety in their diet.

Activity for all: Children complete the swap sheet on page 10.

KS1: They can draw a picture of the food they want to swap to

KS2: Draw and write the names of the foods and information below.



Healthy Lunch Swaps



How could you include some fruit and vegetables? _____

What would be a healthy sandwich filling? _____

Session 3 - Designing your own lunch

Explain that in this session we will be designing and costing a healthy packed lunch, containing something from each food group of the Eatwell Guide.

Using the Eatwell Guide, remind children of the different foods they could choose from each food group to go into their lunchbox. Share thoughts about the foods they want to include.

Show the children the **Food Prices sheet on page 13** and talk about the different items and costs. Make sure everyone understands about the balance of food that is needed in their lunch.



KS1/2 Activity

My Healthy Lunch Picture

Children are to draw a picture of the lunch they have chosen on the My Healthy Lunch sheet on page 11. They can label the contents and draw a drink next to the box. They can see how this differs to the picture they drew in session 1.

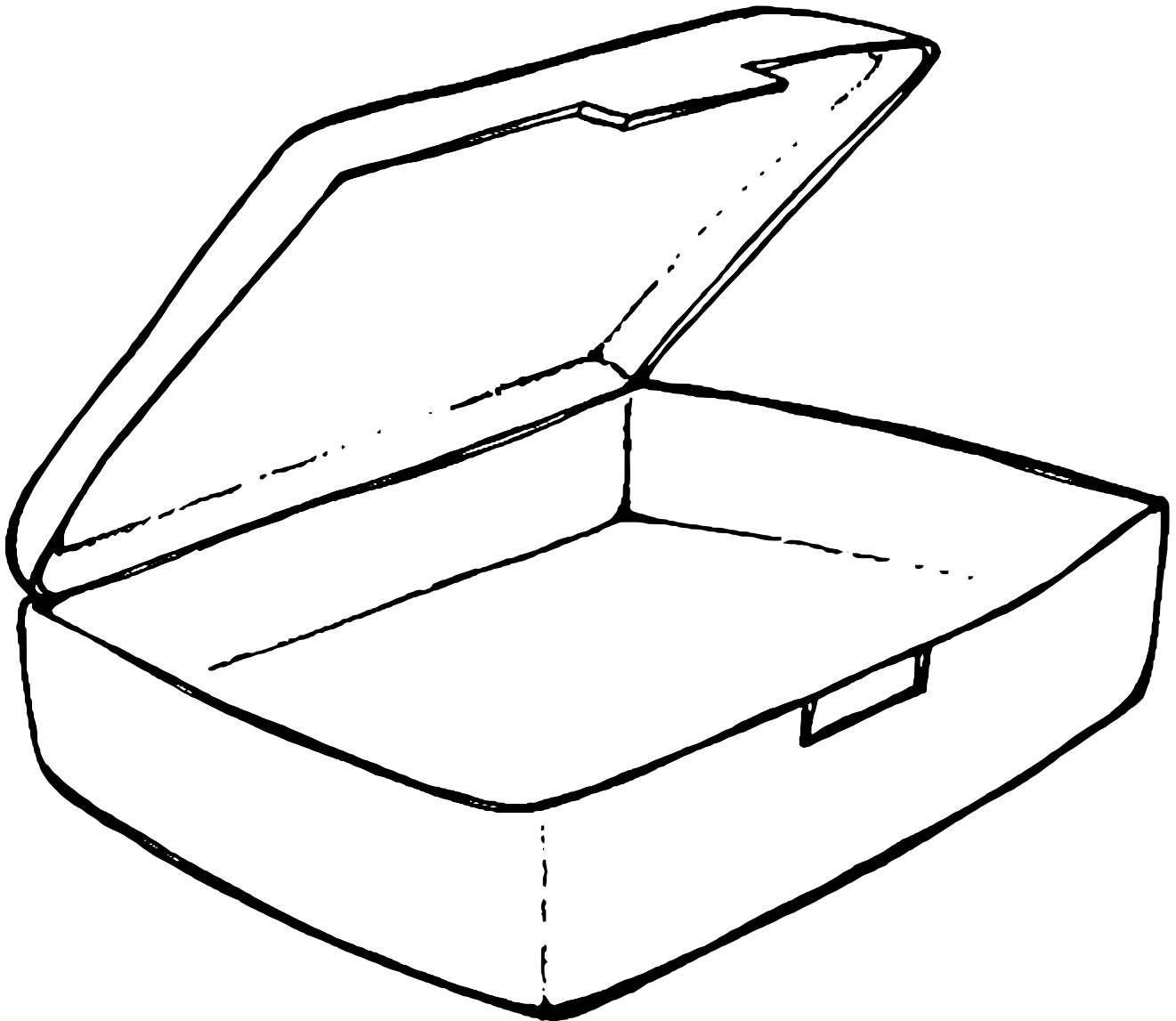
KS2 Extension Activity

Lunch for less than £1!

Once the children are happy with their choices, they can fill in the 'Lunch for £1' sheet on page 12 and can cost out their lunchbox using the Food Prices Sheet. If they have got foods that aren't on the worksheet you could look them up on the Aldi or Lidl website, or swap them for a similar type of food that is on the sheet.

Ask them if they have met the challenge of making their lunch for less than £1? If not, what could they change to make sure it is less than £1?

My Healthy Lunch Picture



Lunch for less than £1!

Does your lunch include items from each group of the Eatwell Guide? Write the different foods next to the correct food group.

Carbohydrates: _____

Fruit and vegetables: _____

Protein: _____

Dairy: _____

Drink: _____

How much does your lunch cost?

Food Item	Cost
Total Cost	£

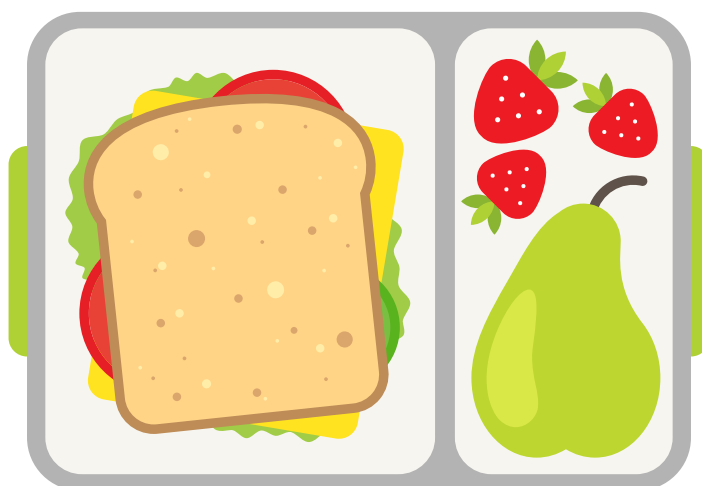
Do you think people would enjoy eating your lunch and why?

Price Of Food Items

	Item	Cost
Carbohydrates	Slice of white bread	3p
	Slice of brown bread	4p
	Wrap	8p
	Bagel	14p
	Pitta bread	6p
	3 x breadsticks	8p
	3 x rice cakes	18p
	Pasta (50g)	3p
	Couscous (50g)	5p
Sandwich fillers	Portion of spread	3p
	Slice of ham	7p
	Slice of cheese	9p
	Cream cheese	10p
	Tuna (1/3 tin)	22p
	Slice of chicken	10p
	Slice of Quorn	10p
	Portion of marmite	7p
	Egg	13p
Fruit and vegetables	Cherry tomatoes (4)	37p
	Portion of cucumber	10p
	Carrot	5p
	Half a pepper	21p
	Mange tout (5)	9p
	Apple	10p
	Banana	13p
	Satsuma	14p
	Portion of grapes	17p
	Portion of strawberries	33p
	Portion of raspberries	35p
	Portion of blueberries	30p
	Kiwi	8p
Puddings	Portion of plain yoghurt	9p
	Fruit yoghurt	22p
	Drop scone	5p
	Pack of raisins	7p
	Pot of sugar-free jelly	33p
	Small bag of popcorn	17p
	Slice of malt loaf	20p
	Pot of rice pudding	30p
	Pot of custard	22p

Session 4: Consolidate and Make!

ALLERGENS: All recipes have allergens listed. Parent consent to participate in food preparation sessions and allergen information should be collected for EVERY child prior to the session.



Remind the children of the health message/topic for this week. What do they recall about the topic? What are their take home messages from the week?

INGREDIENTS

Explain that today you're going to be making a healthy, balanced recipe/dish that sums up the health message you've been looking at. Show the children the recipe, and discuss the ingredients needed. How do they relate to the messages you've been looking at this week? Where do they fit in the Eatwell Guide? [Tip: there is guidance on this on the back page of the recipe sheet.]

SKILLS

Take a look at the skills you will be covering. Are there any skills that are new to the children? If so, skills snippet videos are available on our PhunkyFoods YouTube channel at <https://www.youtube.com/user/Phunkyfoods/playlists> ; you can demonstrate each new skill by playing the video, or you can show them yourself (ensuring you are using the correct method of course!)

NOTE: Please see our PhunkyFoods knife policy and guidance on page 17.

Session 4: Consolidate and Make!



FOOD SAFETY AND HYGIENE

Ask the children what they need to do before they start any food preparation activities?

- Tie back long hair
- Roll up sleeves
- Remove jewellery
- Cover open cuts with a bright coloured plaster
- Wash hands thoroughly with hot, soapy water
- Wear an apron
- Never cough or sneeze over food. Could or sneeze into a tissue, bin it and rewash hands.

Copies of all recipes are available on our website at:

www.phunkyfoods.co.uk/recipes

Cook A Long videos to accompany these recipes are also available at

www.phunkyfoods.co.uk/parents/cooktogether/



PhunkyFoods: Guidance on use of sharp food preparation equipment in primary schools.

This document has been written to offer guidance and advice to PhunkyFoods local Engagement and Development Coordinators (EDCs) in their role to deliver practical food preparation sessions to children and adults in primary schools across the UK.

One of the key purposes of incorporating cooking as part of Design & Technology (D&T) in both KS1 and KS2 is to teach 'a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.' (National Curriculum, 2014). The D&T Progression Framework for Cooking and nutrition, for Key Stages 1 and 2, as developed by the Design and Technology Association in collaboration with the National Curriculum Expert Group for D&T, is shown below:

Cooking and nutrition	Key Stage 1	Key Stage 2
Where food comes from	<p>Across KS1 pupils should know:</p> <ul style="list-style-type: none"> that all food comes from plants or animals that food has to be farmed, grown elsewhere (e.g. home) or caught 	<p>Across KS2 pupils should know:</p> <ul style="list-style-type: none"> that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world <p>In late KS2 pupils should also know:</p> <ul style="list-style-type: none"> that seasons may affect the food available how food is processed into ingredients that can be eaten or used in cooking
Food preparation, cooking and nutrition	<p>Across KS1 pupils should know:</p> <ul style="list-style-type: none"> how to name and sort foods into the five groups in The eatwell plate that everyone should eat at least five portions of fruit and vegetables every day how to prepare simple dishes safely and hygienically, without using a heat source how to use techniques such as cutting, peeling and grating 	<p>Across KS2 pupils should know:</p> <ul style="list-style-type: none"> how to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking <p>In early KS2 pupils should also know:</p> <ul style="list-style-type: none"> that a healthy diet is made up from a variety and balance of different food and drink, as depicted in The eatwell plate that to be active and healthy, food and drink are needed to provide energy for the body <p>In late KS2 pupils should also know:</p> <ul style="list-style-type: none"> that recipes can be adapted to change the appearance, taste, texture and aroma that different food and drink contain different substances – nutrients, water and fibre – that are needed for health

It is the policy of the PhunkyFoods Programme that:

- ALL sharp bladed cooking equipment will be counted in and out of EVERY session.
- A copy of our risk assessment will be provided to schools on request for each session delivered.
- All accidents will be reported directly to the school for recording purposes, and noted to Head Office as soon as possible after the event.
- Knife skills will be taught across KS1 using soft fruits and vegetables and using round-bladed, table knives ONLY. Appropriate knife skills and rules will be demonstrated at the start of each session.
- In lower KS2 IF they have good knife skills and have practiced using table knives previously, and school is happy or them to do so – then pupils can start to use the sharp knives (3 inch straight blades – with child appropriate handles). Appropriate knife skills and rules will be demonstrated at the start of each session.
- Upper KS2 should be using appropriately-sized sharp knives, if school is happy for them to do so, following good practice for knife skills and rules which will be demonstrated at the start of each session.
- As per our cookery skills passport – grating and peeling will ONLY be undertaken with KS2 pupils. Recipes requiring grating or peeling of ingredients for KS1 pupils will be pre-prepared for pupils. Safety and good technique whilst using peelers and graters in KS2 will be demonstrated at the start of each session.
- In parent/child cookery clubs, when parents are present and working one-to-one with pupils then we may allow KS1 children to use peelers and graters – but parents need to take responsibility and supervise. This needs to be made clear to the parents at the start of the session.

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

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.



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

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.



It can be tricky to evaluate health-related fun activities and what impact they have on children – so here are a few questions that we like to ask at the end of our activity sessions. They are quick and simple to ask, and only involve you having to count hands and write down numbers! If you can capture any more qualitative comments at the same time you should also jot down those quotes in the spaces provided – just to give a flavour of what the children are feeding back.

TOTAL NUMBER OF CHILDREN:

1) Put your hand up if you have learnt something new this week.

Number of hands:

If so, what have you learnt?

2) Put your hand up if you have tried/tasted something new this week.

Number of hands:

If so, what have you tried/tasted?

Evaluation

3) Put your hand up if you think you might use what you've learnt this week to try and be more healthy e.g. eat more healthily, drink more water, eat more vegetables, be more physically active.

Number of hands:

If so, what will you change to be more healthy?

4) Put your hand up if you enjoyed the PhunkyFoods sessions this week.

Number of hands:

If so, what was the best bit?



Love your school lunch!

Our PhunkyFoods Healthy Lunch message highlights to children the importance of choosing a healthy, well balanced school lunch; whether that's a hot school meal or a packed lunch brought in from home.



School meals & the School Food Standards

In July 2013 the School Food Plan was published by the Department for Education. As part of that plan a new set of standards for all foods served in schools was launched and became mandatory from January 2015. In September 2014 universal free school meals (UFSM) were introduced to all infant pupils across England.

Evidence has repeatedly shown that school meals are of higher nutritional quality than packed lunches, and universal free school meals do appear to improve primary school educational attainment - so why not give them a try? If your child(ren) hasn't tried it already, or it's been a while since they tried school meals, perhaps it's time to give them a go?



Packed lunches

Many parents opt to send their child(ren) to school with a packed lunch. The first thing to consider is whether or not your school has a packed lunch policy, and these come in all sorts of shapes and sizes, but they are generally put in place for very positive reasons.

For example:

- to promote consistency between packed lunches and foods provided by school
- to make a positive contribution to children's health, or;
- to encourage children to be calmer and on-task during the afternoons.

Further information:

- www.nhs.uk/change4life/recipes/healthier-lunchboxes
- www.phunkyfoods.co.uk/parent/a-healthy-lunch-parents-information/
- <http://whatworkswell.schoolfoodplan.com/articles/category/1/the-food>

www.phunkyfoods.co.uk



Love your packed lunch!

Create a healthier packed lunch buy choosing foods from the 5 main food groups below:



1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes



2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese - hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans



5 Drinks

to rehydrate your body

✓ A large glass of water

✓ Semi skimmed milk - or skimmed milk for children over 5 years.

✓ 150ml of fresh unsweetened fruit juice/smoothie



Occasionally!

Meat products such as sausage rolls, pies, sausages

Plain cakes/sponges and biscuits of appropriate portion sizes



For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes

www.phunkyfoods.co.uk