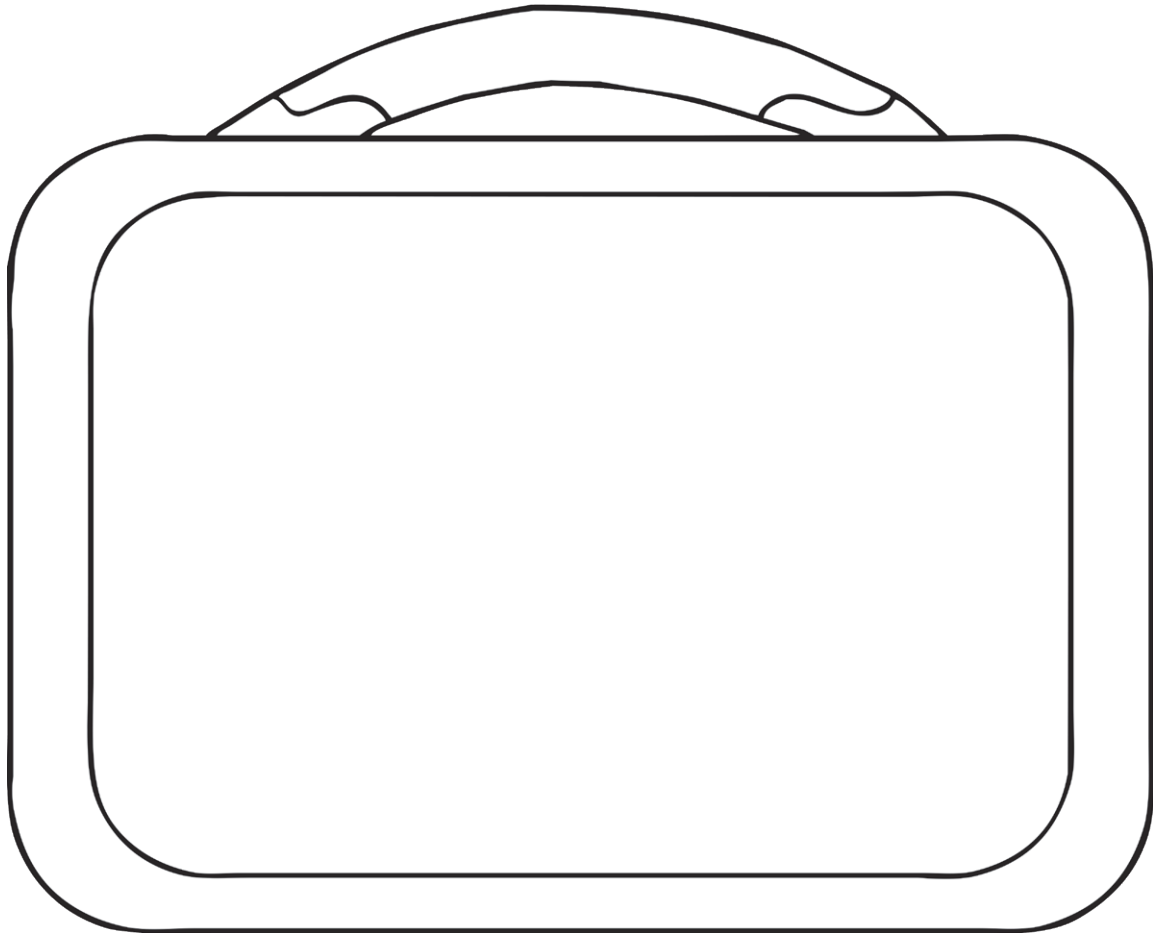


# A Healthy Lunchbox

To explain the nutrients provided in a packed lunch



Draw and label a packed lunch in the outline of a lunchbox below. Make sure that you select a healthy, balanced meal. Make sure you include foods which provide all of the nutrients which human beings need. You may find your **Knowledge Organiser** helpful for this.



Complete this table, listing the foods included in your packed lunch.

Food	This food is a good source of...	We need this nutrient because...

**Challenge!**

Find some nutritional values of some of the foods you included in your packed lunch. You could find this information by looking on food packaging at home or ask an adult at home to help you to look on the internet. (Supermarket online shopping websites often show this information.)

Values for 100g of each food:

Food	Energy	Total Fats	Saturated Fats	Carbohydrate	Sugars	Fibre	Protein	Salt

Do any of these nutritional values surprise you? If so, why is that?

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