

Create your perfect packed lunchbox, packed full of goodness. Try to make a lunch that is colourful and includes each one of the food groups. Can you include fresh, frozen or leftover food in your lunchbox too?

Part 1: Choose your bread

Around the classroom there will be different types of bread

1. Identify the type of bread.
2. Write down a sentence/keywords to describe the appearance of the bread. (What does the bread look like? What colour is it? Can you see any seeds?)
3. Look at the back of food packaging and find out nutritional values for each type of bread.

Bread	Appearance	Amount of carbohydrate (g)	Amount of fat (g)	Amount of protein (g)	Amount of fibre (g)
Sliced bread					
Pitta bread					
Tortilla					

Part 2: Choose your frozen, cupboard or leftover ingredients

Which ingredients go well with your chosen bread? Write or draw your favourite frozen, cupboard or leftover ingredients here. How would you use them?

Home activity:

Plan your Eatwell for Less Lunchbox idea by writing or drawing in the space below

- Choose a type of bread. You could make a sandwich or get creative!
- How will you include at least one frozen, cupboard or leftover ingredient?
- Make sure you include foods from every Eatwell group. Use the table at the bottom of the page to help you.

Food Group	Example(s) in your lunchbox
Potatoes, bread, rice, pasta and other starchy carbohydrate foods	
Fruit and Vegetables	
Beans, pulses, fish, eggs, meat and other proteins	
Dairy and alternatives	
Oils and spreads	
Frozen, cupboard or leftovers	