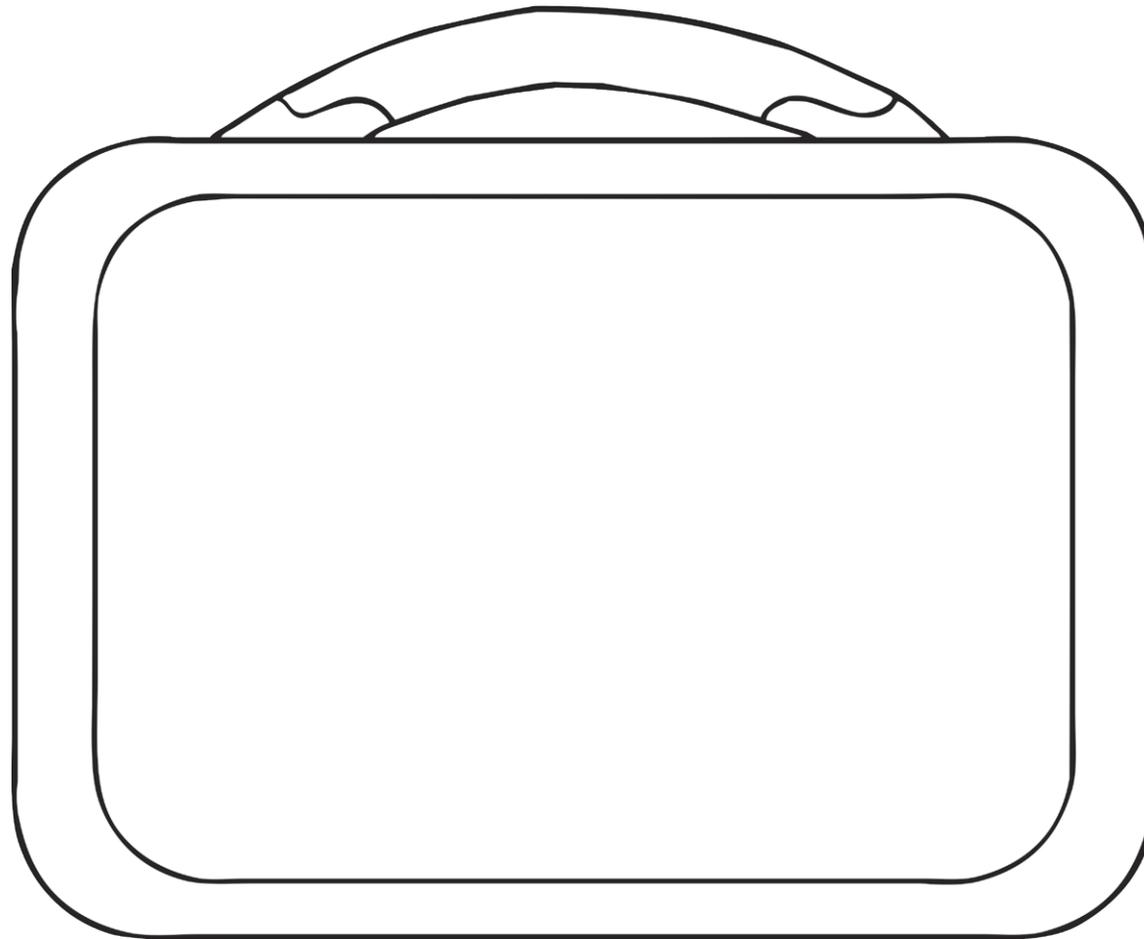


A Healthy Lunchbox

To explain the nutrients provided in a packed lunch.



Draw and label a packed lunch in the lunchbox below. Make sure that you select a healthy, balanced meal. Try to include foods that provide all of the nutrients that humans 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 research it safely online (such as on a supermarket online shopping website).

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?
