

Lesson Plan 2: Healthy Lunchboxes

[illegible]

15-20 mins	<p>Lunchboxes:</p> <p>Explain the importance of a healthy lunchbox:</p> <ul style="list-style-type: none"> • Energy to learn and play • Easy way to eat everyday foods • Keeps you healthy and well <p>Ask students what they think makes a healthy lunchbox? – A lunchbox filled with everyday foods. [Use Everyday Lunchbox resource to point out components of a healthy lunchbox]:</p> <ul style="list-style-type: none"> • Crunch&Sip/fruit break: Vegetables or fruit. • Recess: an extra vegetable or piece of fruit + 1-2 everyday snacks e.g. plain air popped popcorn, rice cakes, yoghurt – these would be foods from the five food groups. • Lunch: Sandwich/wrap/roll or leftovers contains everyday ingredients e.g. pasta salad, frittata • Drink: Water or reduced fat plain milk. <p>+ Something to keep the lunchbox cool e.g. ice brick, frozen water bottle, frozen reduced fat plain milk popper.</p>	Resource 3: Everyday lunchbox
	<p>Healthy lunchbox examples:</p> <p>Show 2-3 flip chart images and discuss:</p> <ul style="list-style-type: none"> • Which food groups do the items belong to? • Why is it a healthy lunchbox? • Who has each item packed in their own lunchbox? • What do they like about the lunchbox? Prompt for taste, texture and smell. <p>Response ideas if children give responses such as ‘that’s yuck/gross/disgusting’:</p> <ul style="list-style-type: none"> • Everyone likes different things and it’s ok to be different. • Sometimes people don’t like one type of food for a long time and then suddenly like it! • Do you know what the food is? • Have you tried this food before? • Would you try the food if your friend was eating it/sports person? • Would you try the food if it was cut into smaller pieces? • Would you try the food if you were really hungry/time of the day? 	Resource 4: Classroom flipchart (provided as part of SWAP IT program for each classroom)
25 mins	<p>Activity 1:</p> <p>Print off healthy lunchbox headings (Crunch&Sip, Recess, Lunch, Drink) and stick on large poster or on a wall/board in the classroom. Students can colour in foods using the provided lunchbox foods resource, or draw their own, and stick on the</p>	Resource 5: Healthy lunchbox headings



	<p>poster/board under the correct lunchbox heading. This could be left up in the classroom for the SWAP IT term.</p> <p>Suggested additional activities – choose as appropriate</p> <p>Activity 2: Create your own healthy lunchbox (draw or write). Students add in foods under each of the healthy lunchbox headings.</p> <p>Activity 3: Read <i>The Magic Lunchbox</i> by Angela Barrett (freely available) Also available from: http://www.healthpromotion.com.au/Magic_Lunchbox/MagicLunchbox_Index.html</p> <p>Activity 4: Read online story <i>Fruit and Veg Power</i> https://healthy-kids.com.au/fruit-veg-power-es1/</p>	<p>Resource 6: Lunchbox foods</p> <p>Resource 7: My Healthy Lunchbox worksheet, colouring in pencils</p> <p>Resource 8: The Magic Lunchbox printable version</p> <p>Computer to view ebook</p>
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Further information

Australian Guide to Healthy Eating and the five food groups: <https://www.eatforhealth.gov.au/food-essentials/five-food-groups>

To order your own large size Australian Guide to Healthy Eating poster (free of charge):
<https://www.eatforhealth.gov.au/guidelines>

Other healthy eating story books: <https://www.storymama.com.au/shop/buy-picture-books-by-milestone/stories-about-healthy-eating-for-children>



Artwork: "Heart of a child" by Lara Went, Worimi Artist



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

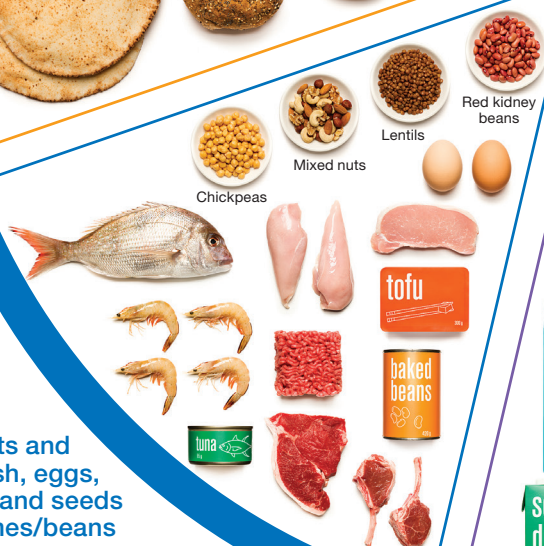
Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts



Only sometimes and in small amounts



AN EVERYDAY LUNCHBOX IS MADE UP OF EVERYDAY FOODS:



Crunch&Sip®
Vegetables or fruit

Recess
Vegetables or a piece of fruit
+ 1-2 everyday snacks

Lunch
A sandwich, wrap or roll with
everyday fillings or an alternative
such as pasta or fried rice

Drink
Water and/or reduced fat
plain milk



One swap from a sometimes food to an everyday food can make a big difference to your child's health and wellbeing.

Apple

Banana

Orange

Pear

Carrot

Broccoli

Peas

Corn

Bread

Rice

Pasta

Cereal

Chicken

Fish

Nuts

Lamb

Milk

Cheese

Yoghurt

Soy milk

**Ice
cream**

Chocolate

Healthy Lunchbox Headings

Lunch

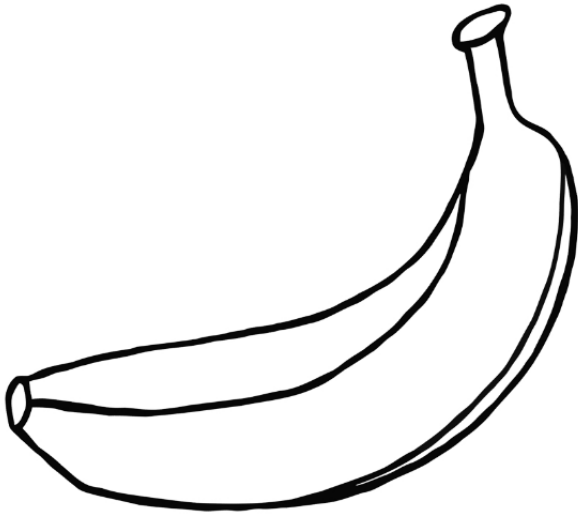
Crunch&Sip®

Recess - vegetable or fruit

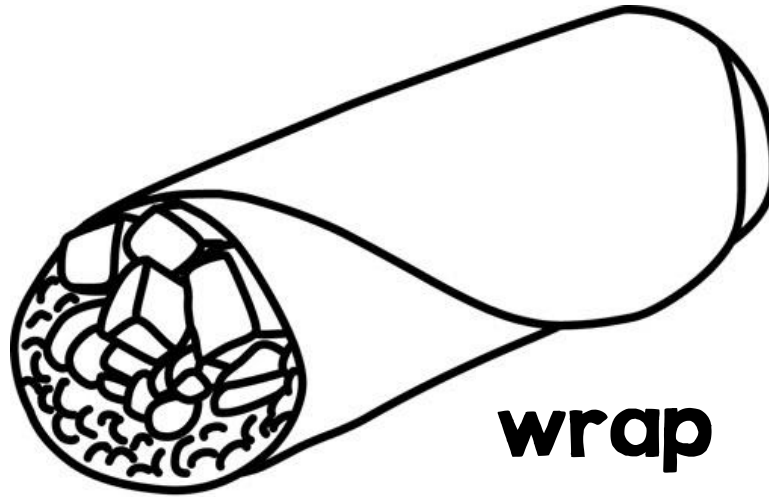
Recess - everyday snack

Drink

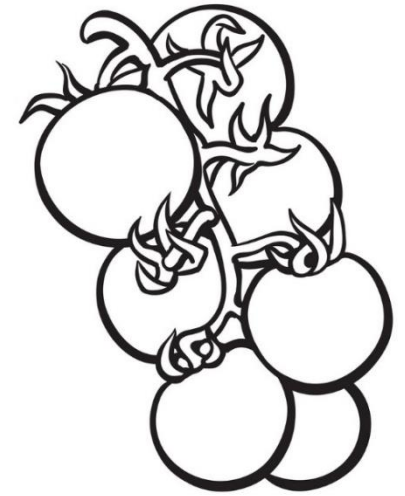
+ something to keep the lunchbox cool



banana



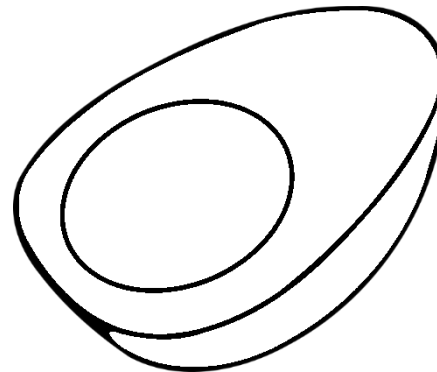
wrap



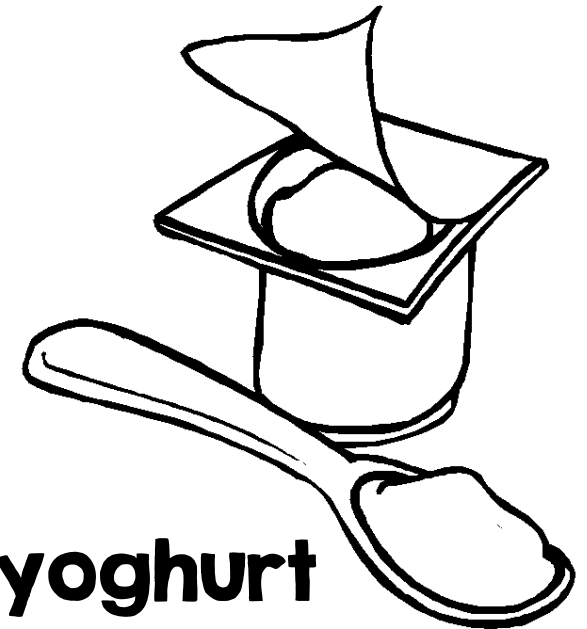
tomatoes



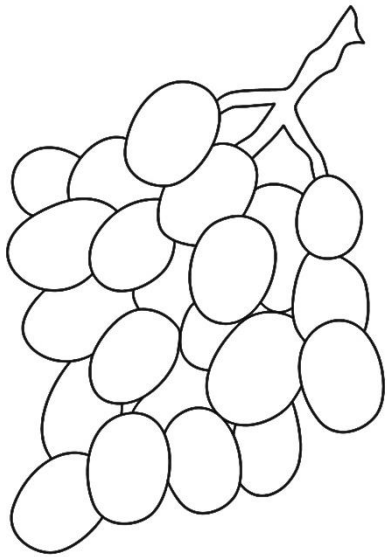
peas



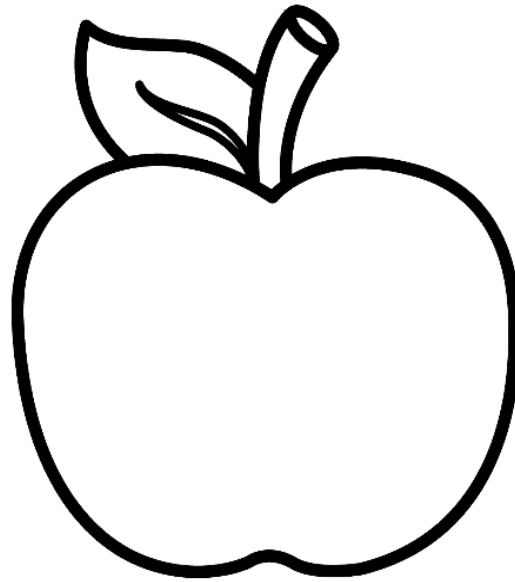
egg



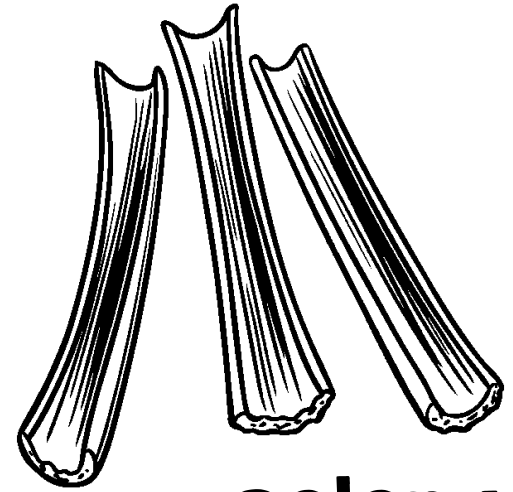
yoghurt



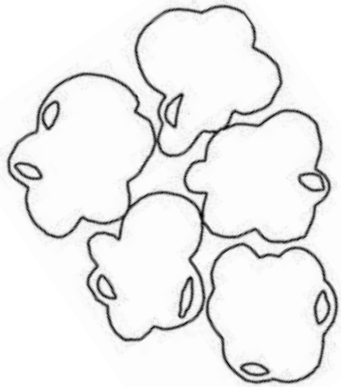
grapes



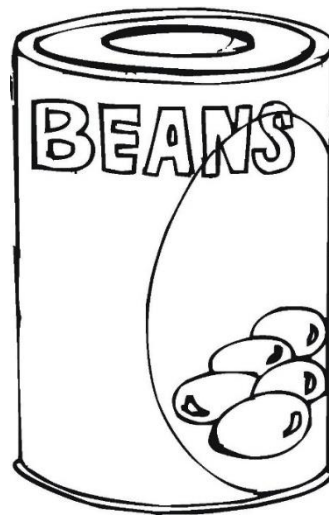
apple



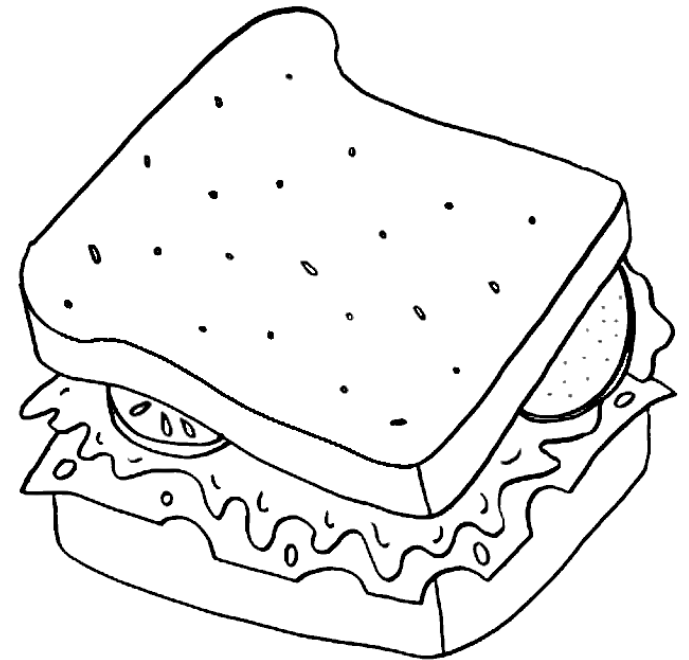
celery



popcorn



baked beans

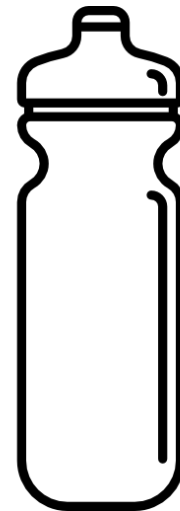
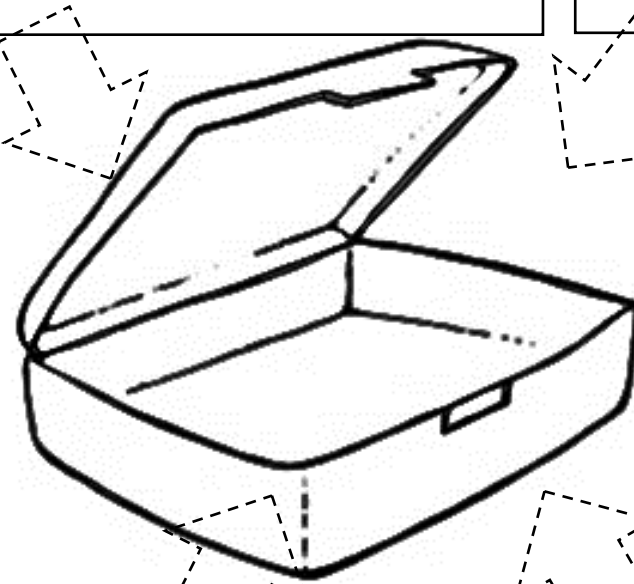


sandwich

My Healthy Lunchbox

Crunch&Sip®
Vegetable or fruit

Lunch
Sandwich, wrap, roll or
leftovers



Recess
Extra vegetable or fruit

Recess
1 or 2 everyday snacks

THE **MAGIC** **LUNCHBOX**

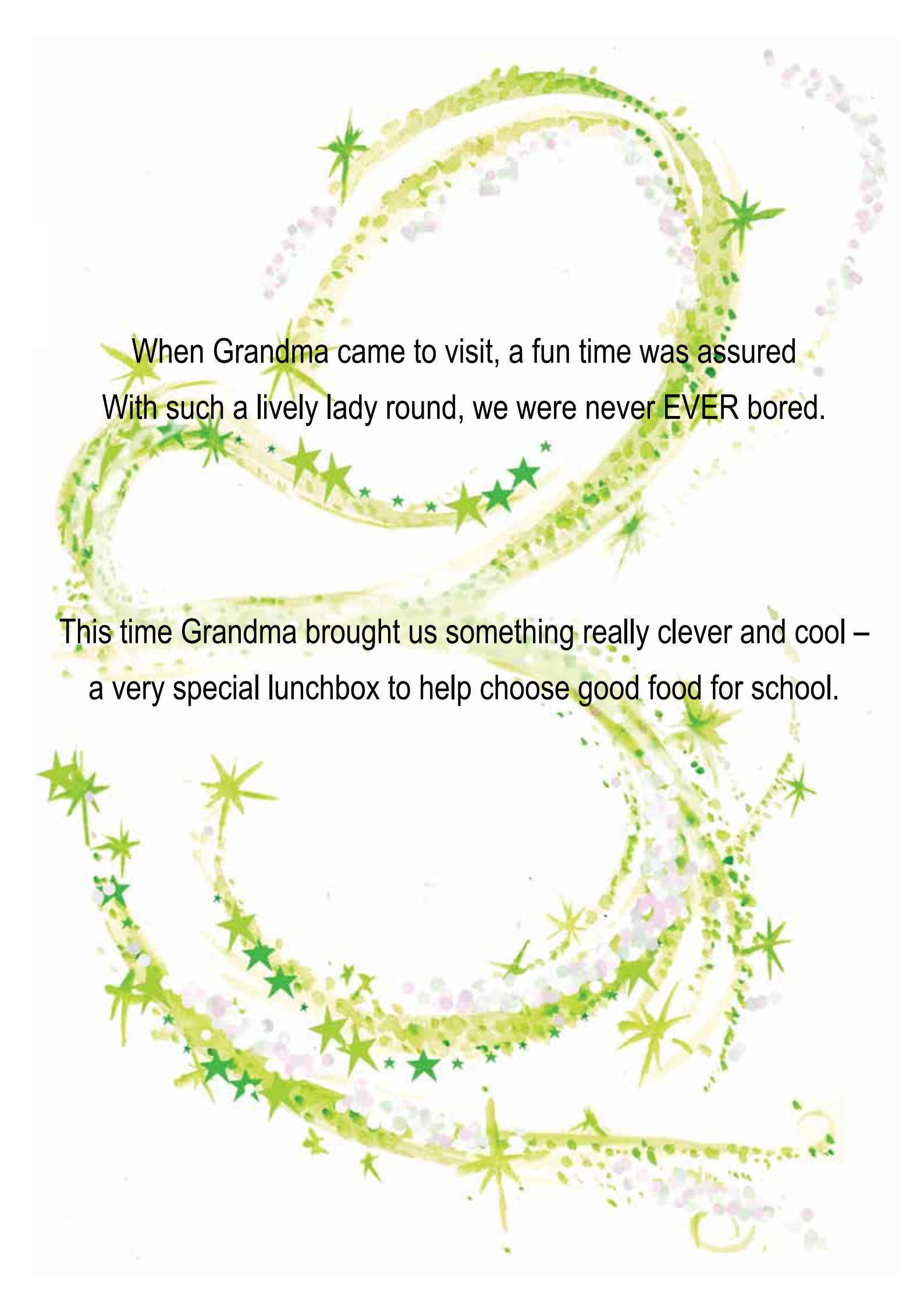


Written by Angela Barrett
Illustrated by David Walsh

Mango and Sprint are preparing for 'big school'.
Grandma comes to visit and gives them a lunchbox.

... But it's no ordinary lunchbox!





When Grandma came to visit, a fun time was assured
With such a lively lady round, we were never EVER bored.

This time Grandma brought us something really clever and cool –
a very special lunchbox to help choose good food for school.



“Mango, you go first,”
said Sprint, looking most suspicious.



“Put this chocolate muffin in –
it really is delicious.”



She placed the pea-green lunchbox in front of Sprint and I.



“It’s **MAGIC**,” she said, with a twinkle in her eye.

“The lunchbox knows what’s healthy –
the lunchbox never lies.

Put in what you think is good, and you’ll get a big surprise.”

With a

JIGGLE

and a

ZAP

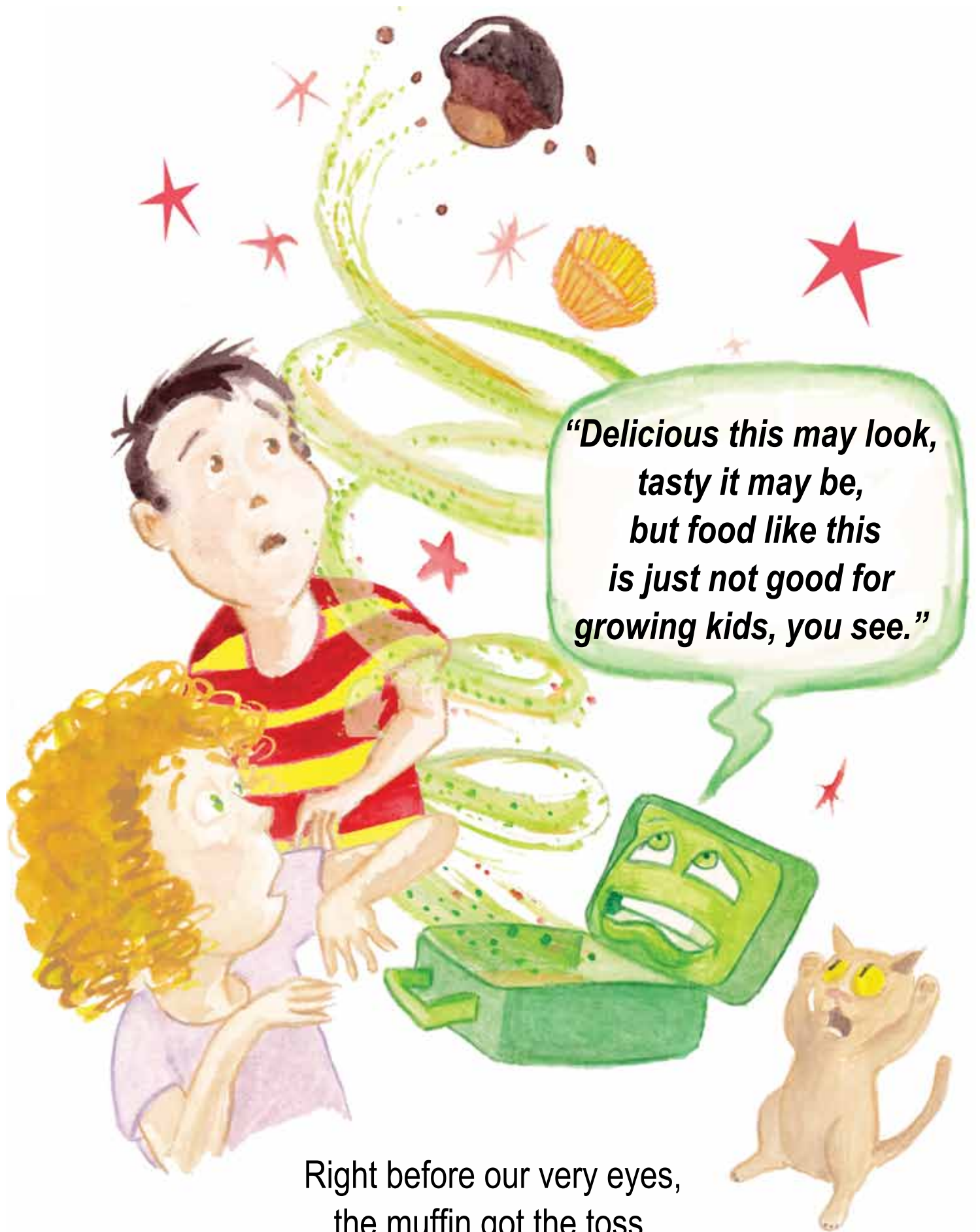
and a

POP

and a

SQUEAK!

... suddenly, the lunchbox began to **SPEAK!**



Right before our very eyes,
the muffin got the toss,
Sprint and I just stood and stared.
Our little lunch was lost.



Next we tried



a sandwich,



some orange



and a pikelet.



The lunchbox kept it in this time,
it really must have liked it.

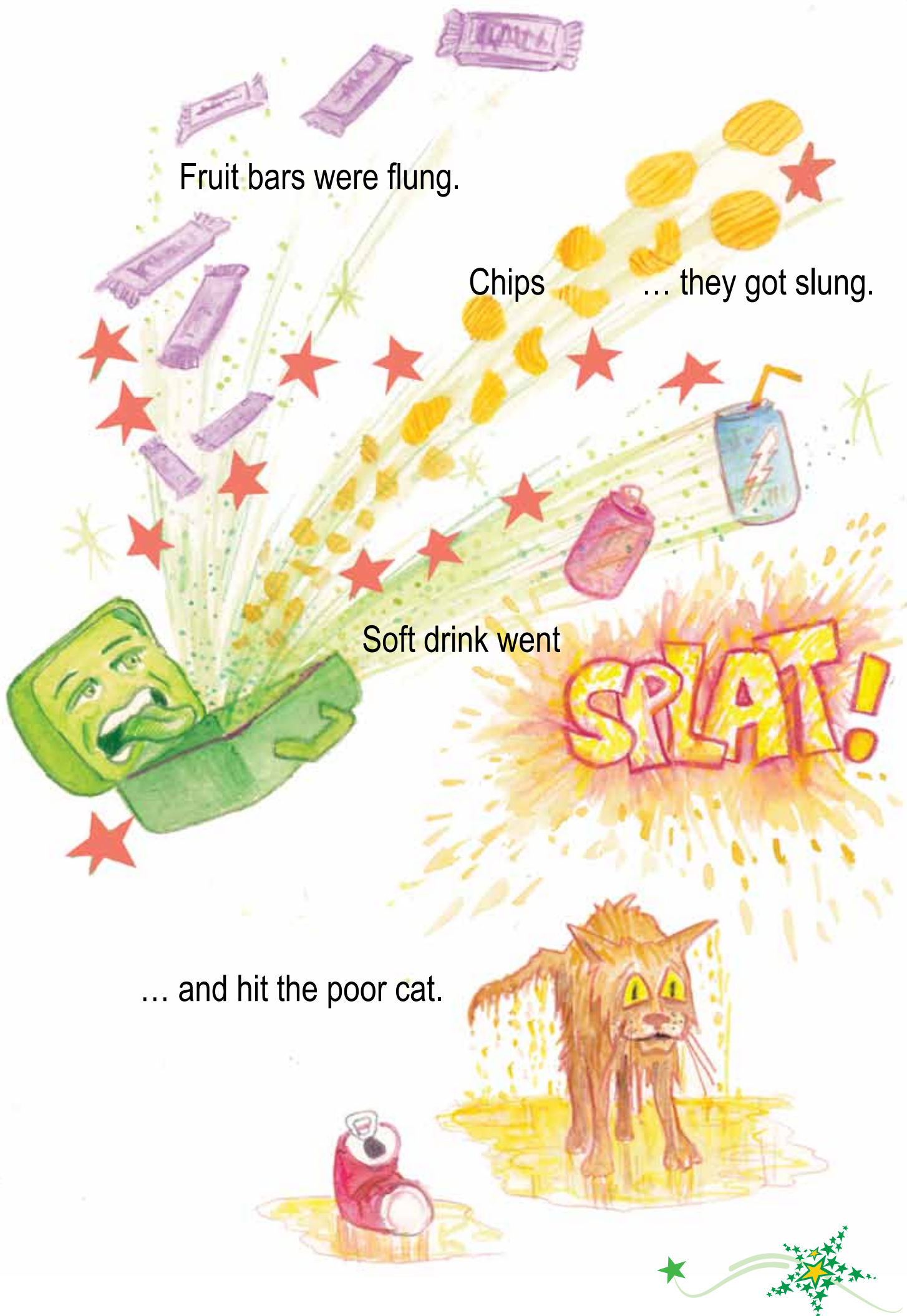
Fruit bars were flung.

Chips ... they got slung.

Soft drink went

SPLAT!

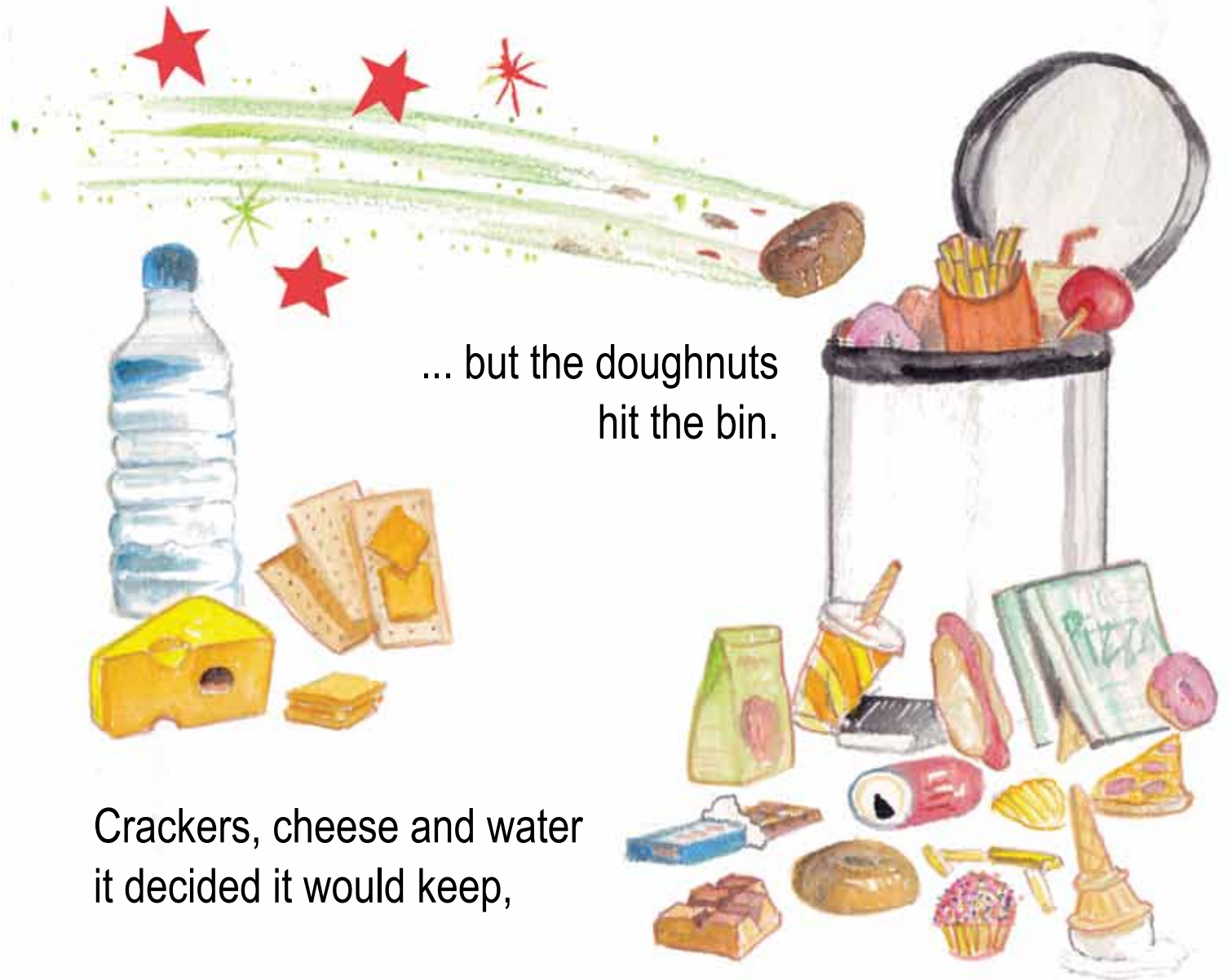
... and hit the poor cat.





Kiwi fruit was kept and
capsicum stayed in.

Ricecakes they all made it



... but the doughnuts
hit the bin.

Crackers, cheese and water
it decided it would keep,

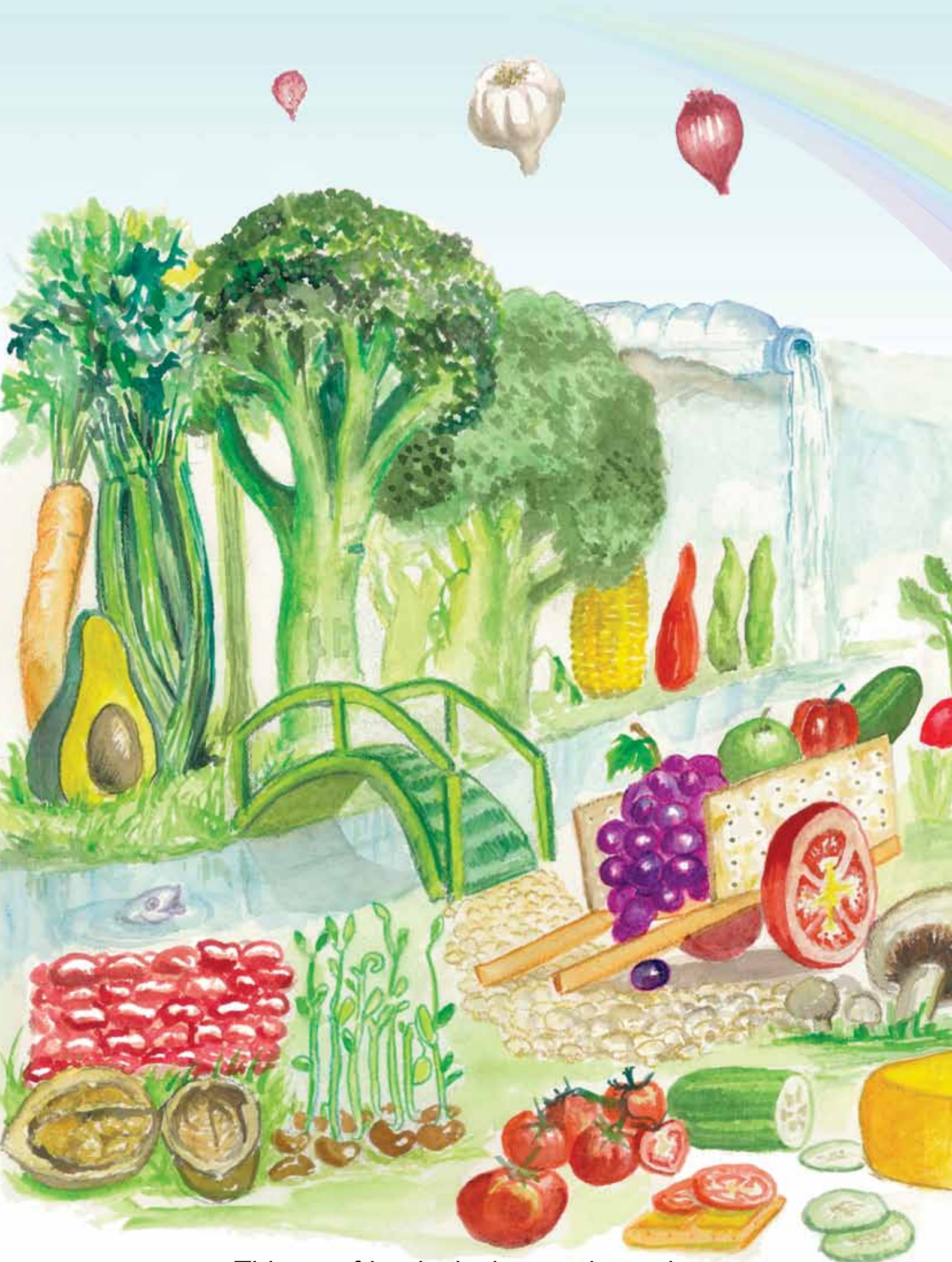
While chocolate and packaged things firmly hit the heap.

At last when it was finished, the lunchbox looked content.
As for all the healthy food... we didn't know where it went!



Just then the lunchbox flipped its lid
and showed itself with pride...





This, my friends, is the magic made...



... when you put good food inside.

Central Coast Health Promotion wishes to acknowledge the Public Schools and Early Childhood Education and Care Services that contributed to the development of this book.

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