

Task cards

Shopping Lists!

- Write a healthy shopping list for the packed lunch you have created.
- Think about how much of each item you will need to buy.
- In what order would you write the items on your list? Some people write their list in the order they walk round the shop. Why do you think this might be useful?
- How can you present your shopping list to the rest of the class? You might want to illustrate it or use ICT to present it.

Price it up!

- How much do you think it would cost to buy everything you need to make your healthy packed lunch? What does everyone in your group think? Write down your ideas.
- Go shopping! Try using a supermarkets website.
- Ask an adult to show your group how to find the items you will need to 'buy'.
- Choose your product and round the price to the nearest pound, recording each price as you go along.
- Add up all the prices to get an estimate of how much your ingredients might cost.
- How near were your original estimates to the final estimate?

Task cards

A Balanced Lunch?

- Write and draw the foods you have chosen onto the correct food group on the Eatwell Guide.
- Do a survey of packed lunches in your class.
- Ask your classmates if you can look into their packed lunch and fill in the tally chart.
- Write a list of recommendations for the class of how to make their packed lunches healthier.
- You could use the Eatwell Guide to show this.

Packed Lunch Packaging

- Design a packed lunch box.
- Think about what materials you would use to make it – you will need to think about protecting the food inside, keeping it the right temperature and making it easy to clean.
- What design could you put on the box to encourage those who used it to eat a healthy packed lunch?