

Task cards

Shopping Lists!

- Write a shopping list for the packed lunch you have created.
- Write beside each item how many you will need to buy.
- Use the internet to print out a picture of each item on your shopping list and stick them onto your shopping list.

Price it up!

- How much do you think all the food in your packed lunch might cost?
- Work with an adult to find each item in your packed lunch on an internet shop such as www.tesco.com or www.asda.com.
- Either round each price to the nearest pound to get an estimate of the cost, or add each item to the 'shopping basket' to get a total cost.
- Were you close to your original guess?

Task cards

A Balanced Lunch?

- Write or draw the foods you have chosen onto the correct space of the Eatwell Guide.
- Is your packed lunch well-balanced?
- Add some different foods onto the Eatwell Guide to make it more balanced.

Packed Lunch Packaging

- Draw a design for a packed lunch box.
- Recycle cardboard boxes to make up a model packed lunch box.
- Paint your design onto the box.