Session Plan

Healthy lunchbox workshop – 45 minutes

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| **Timing** | **Activity** | **Resources** |
| 5 mins | * Welcome and introductions
* Aims and objectives
* Discussion: What do you put in your children’s lunchboxes?
* Activity: ‘Are you sugar savvy’ game
 | * Laminated Are You Sugar Savvy? Drinks, sugar, cups.
* Packed lunch workbook
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| 5mins | * Discussion: What is a healthy diet? Using the Eatwell Guide poster discuss foods which could be included in each section and healthier alternatives
* Show a few food cards that people often get wrong
 | * Eatwell guide poster, Eatwell guide placemat, food cards or food packets
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| 5 mins | * Competition: Pack a healthy/balanced and unhealthy lunchbox
 | * 2 Lunchboxes – green and pink
* Lunchbox items: apple, vege sticks, 2 sandwiches
* Eatwell plate
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| 10 mins | * Discussion: What are healthy items we can put in our children’s lunchboxes? How to put together a tasty, cheap sandwich and lunchbox.
* Discussion: What are the barriers to getting kids to eat healthy lunches?
* Discuss food hygiene, lunchbox containers and storage.
 | * Refer to posters in workbook
* Alternative snack ideas
* Alternative rewards
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| 5 mins | * Activity– How much sugar and fat in that lunchbox?
 | * Healthy and unhealthy lunchbox, sugar and oil.
* Sandwich poster
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| 5 mins | * Healthy lunchbox snacks – tasting session
 | * A range of healthy lunchbox snacks
* Bowls, serviettes
 |
| 5 mins | * Bringing it all together
* Question time
* Evaluation
 | * Evaluation
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