

Name: \_\_\_\_\_

Date: \_\_\_\_\_



**Year 6**

**Food Preparation and Nutrition**

**Healthy eating: Packed lunch project.**

**Tasks:**

1. Label the main sections of the eatwell guide.
2. State three food examples for each section.

**eatwell guide**

Name of section:  
\_\_\_\_\_

Three food examples

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Name of section:  
\_\_\_\_\_

Three food examples

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Name of section:  
\_\_\_\_\_

Three food examples

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Name of section:  
\_\_\_\_\_

Three food examples

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Name of section:  
\_\_\_\_\_

Three food examples

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

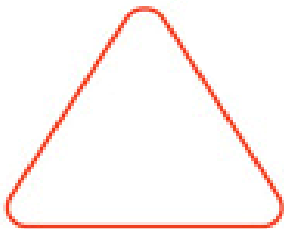
Use this website: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Research the eight tips for healthy eating. Remember to be specific.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

**Question:**

**Which food should you try to avoid? (2 marks)**



**Why?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**(2 marks)**



As you make the move to secondary school, it's time for you to take increasing responsibility for the foods you eat.

You may choose to take a packed lunch or select foods from the school canteen.

<https://youtu.be/1tJYcNt6Bpk>

Now set yourself FIVE golden rules you are going to follow for your packed lunch:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



Research and explain: Why are wise food choices so important?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

You can use the template below or devise your own to present your healthy packed lunch. It is important that you clearly label your work with:

- Name of food
- Section of the eatwell guide
- How it meets the eight tips for healthy eating?
- The health benefits of your food choices.



**Peer assessment:**

**WWW:** \_\_\_\_\_

\_\_\_\_\_

**EBI:** \_\_\_\_\_

\_\_\_\_\_



Calculate the nutritional content of your packed lunch use:

<http://explorefood.foodafactoflife.org.uk>

To produce a professional label like this one.

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat <b>3.0g</b> LOW	Saturates <b>1.3g</b> LOW	Sugars <b>34g</b> HIGH	Salt <b>0.9g</b> MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/ 167kcal

1. Click on the icon calculate recipe.
2. Enter the name of your product.
3. Type in the foods/ingredients – keep them simple e.g. just type in cheese and search for cheddar. (use the side bar to scroll down – ingredients listed alphabetically.)
4. Add in amount.
5. When all ingredients have been entered – click – view summary.
6. Enter the number of portions.
7. Click calculate.
8. Click create label.
9. Enter product name.
10. Print screen using: Fn F11
11. Open a word document ctrl V.
12. Crop image.

Add your label here.

There are guidelines to tell you if a food is high in fat, saturated fat, salt, sugar or not.

**Total fat**

High: more than 17.5g of fat per 100g

Low: 3g of fat or less per 100g

**Saturated fat**

High: more than 5g of fat per 100g

Low: 1.5g of fat or less per 100g

**Sugars**

High: more than 22.5g of total sugars per 100g

Low: 5g of total sugars or less per 100g

**Salt**

High: more than 1.5g of salt per 100g (or 0.6g sodium)

Low: 0.3g of salt or less per 100g (or 0.1g sodium)

Now comment on how well your packed lunch meets your needs, refer back to the healthy eating guidelines and the guidelines above.

(You will need to do this on lined paper.)



**Homework:**

To make your ideal packed lunch at home and if a parent, grandparent, carer or teacher is able to email me a photograph, it would be lovely to see your pack lunches! - my email address is:

[scrossley@bolsover.derbyshire.sch.uk](mailto:scrossley@bolsover.derbyshire.sch.uk)

