Session Plan

Healthy lunchbox workshop – 45 minutes

|  |  |  |
| --- | --- | --- |
| **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 |
| 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 |
| 5 mins | * Competition: Pack a healthy/balanced and unhealthy lunchbox | * 2 Lunchboxes – green and pink * Lunchbox items: apple, vegetable sticks, 2 sandwiches * Eatwell plate |
| 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 |
| 5 mins | * Activity– How much sugar and fat in that lunchbox? | * Healthy and unhealthy lunchbox, sugar and oil. * Sandwich poster |
| 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 |