


Nutritious School Lunches

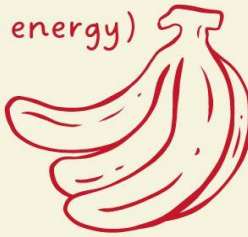
An activity of "Different ways to serve food in schools".

- 1) Read the article "Different ways to serve food in schools" (page 23, *What's Up* June 2024). Fill in the graphic organiser to explain the components of a balanced meal.

GO FOODS (provide energy)



wholegrains



fruits for their carbohydrate content

↪ draw more in this space ↪



vegetables

GLOW FOODS (Support overall health, skin, and immune function)

fruits for their vitamins and minerals



↪ draw more in this space ↪

GROW FOODS (Help with growth and body repair)



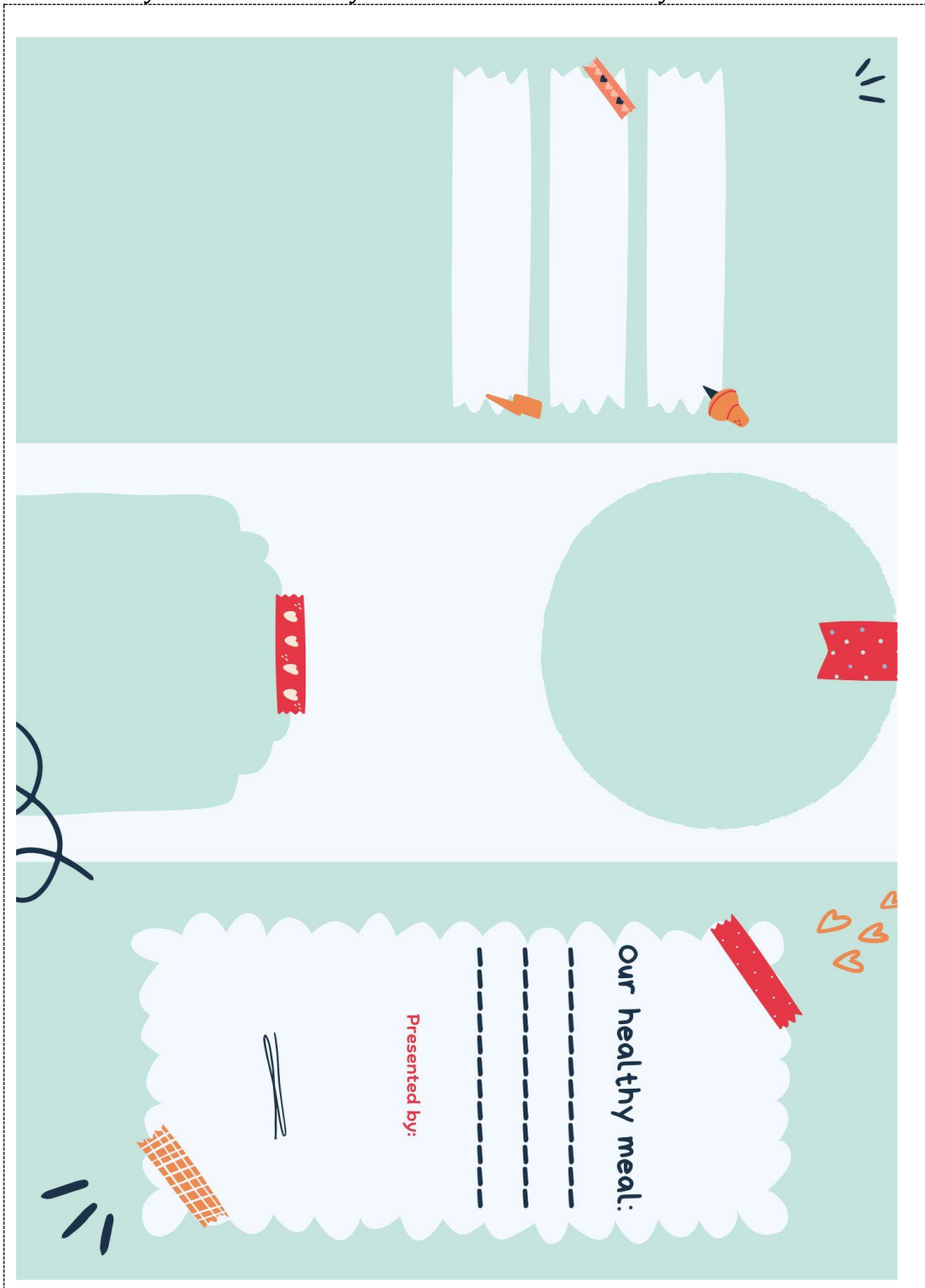
proteins



dairy or dairy alternatives

↪ draw more in this space ↪

- 2) With a partner, think about a favourite meal you both like. Design a pamphlet to promote a healthier version of your favourite meal. Think of:
- A catchy name e.g. “Power Packed Prata”, “Go- Goji Berry Smoothie”
 - The different components that go into making your meal
 - How you can make your meal both nutritious and attractive
 - How you can convince your classmates to choose your meal



(You can cut out this template for your pamphlet or come up with your own.)

- 3) Present your lunch design to your class and explain why you chose each component. Share how you made your meal both nutritious and appealing.