

School Lunches

Approach: Team

Level: Year 8 only

Resources: Ideas answer sheet, 2 menu sheets, set of 24 food labels, red pen.

Questions/instructions

Let's imagine that your class is going on two school outings next week.

On Tuesday you are going to be very active playing sport. All students will be doing a lot of physical activity all day and using a lot of energy.

On Thursday the class is going to the Museum. There will be very little physical activity, and students won't be using much physical energy.

Your group has the task of planning two different lunches — one for Tuesday and one for Thursday.

They need to be lunches that would be suitable for each occasion. You need to think about the things that will effect your choice of foods. I want you to discuss that now, write your ideas on the ideas sheet, then tell me the things you have decided when you are ready.

Give students the ideas sheet.

Allow time for discussion and recording of ideas.

Now tell me the things that will effect your choice of foods.

Listen to student responses.

Now I'm going to give you some labels with names of foods, and I want you to choose foods that would make suitable lunches for each of the two days. All of the foods are available for both days, and you can choose up to five things for each day. All of the people in your group should help to decide. Once you have decided the foods, tick the boxes on the menu pages to show which ones you chose.

Point to the menu sheets.

As you are planning the lunches, remember to think about what would make a good lunch for each day. After you have ticked the foods, write down the reasons why you think these foods would make a suitable lunch for the days when students will have them. You have about 5 minutes to do this, and you can start now.

Give students the food labels and menu sheets. Allow about 5 minutes.



MENU

- bread roll
- pizza
- meat pie
- potato chips
- yoghurt
- biscuits
- chicken
- cake
- cheese slices
- chocolate bars
- apple
- banana
- sushi
- flavoured milk
- muesli bar
- salad
- fish and chips
- hamburger
- sandwiches
- sausages
- nuts
- salad roll
- pottle of rice & vegetables
- baked potato with corn
- breadfruit

TUESDAY LUNCH

% responses

Nutritional balance:	38
good balance & reasons	31
good balance without reasons	40
partially balanced	23
not balanced	6
Matching energy needs:	
well matched & reasons	41
well matched without reasons	27
slightly matched	19
not matched	13

THURSDAY LUNCH

Nutritional balance:	
good balance & reasons	17
good balance without reasons	31
partially balanced	29
not balanced	23
Matching energy needs:	
well matched & reasons	19
well matched without reasons	36
slightly matched	17
not matched	28

Commentary

The year 8 student teams were better able to choose a menu for a high energy day than for a more sedentary day. In a final stage of this task, not shown above, the teams were asked to use a food pyramid (see *Healthy Food*, p21) to help them revise their menus. When the revised menus were assessed on the same marking criteria, it was found that on average the menus had not improved.