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Tortillas with cream cheese, ham and lettuce

Method

1. Spread tortilla with cream cheese, sprinkle with paprika
2. Add ham and lettuce
3. Fold in 2 inches on each side of the tortilla and then roll lengthways.
4. Cut in half, wrap in cling film and place in the fridge.

Ingredients

2 tortillas
Low fat cream cheese
Wafer ham
Lettuce
Paprika (optional)

Equipment

Chopping board
Cheese grater
Sharp knife
Butter knife

Fruity Muffins

Method

1. Preheat the oven to 190°C/gas mark 5
2. Place flour, sugar and blueberries in a bowl and mix thoroughly
3. Mix the egg, milk and oil in a small bowl using a fork
4. Add the egg mixture to the Flour and sugar and gently mix.
5. Spoon into muffin cases and bake for 15 - 20 minutes until golden brown and springy to the touch
6. Cool on a rack

Ingredients

300g self raising flour
150g soft brown sugar
125g blueberries
1 medium egg
175 ml semi

Equipment

Weighing scales
Muffin tin or baking tray
Muffin cases
Mixing bowl
Measuring jug
Mixing spoon
Oven gloves



Creating a Healthy Lunchbox



A healthy enjoyable lunch gives children the energy they need to learn and play at school.

How could I improve my child's lunchbox to aid my child's learning?

- ✓ 200-300ml drink of water or half and half fruit juice and water.
- ✓ One or more portions of fresh or dried fruit.
- ✓ One portion of salad or vegetables.
- ✓ One carbohydrate food such as wholemeal pitta bread, pasta or bread.
- ✓ One calcium-rich food such as cheese, a smoothie or yoghurt.
- ✓ One protein-rich food such as meat, fish, egg, or hummus.

What should a healthy packed lunch look like?

- 9 out of 10 school lunchboxes are too high in saturated fat, salt and sugar (FSA, 2004).
- A packed lunch should provide about 1/3rd of a child's daily energy intake - this varies on the age, size and level of activity of each child, but some general rules include:
 - ✓ Bread, other cereals and potatoes should provide about half the energy.
 - ✓ Saturated fat and sugar should be kept to a minimum.
 - ✓ 30% of a child's protein requirements should be provided.
 - ✓ 30 - 40% of a child's requirements for iron, calcium, vitamin A and C should be provided.

In a blackcurrant drink (500 ml) there is:

Blackcurrant Drink (500 ml)	Food
256 kcal	Energy portion
60.5g	Sugar portion
0g	Fat portion
0g	Salt portion

In one packet of salt and vinegar crisps (25g bag) there is:

Salt and Vinegar crisps (25g bag)	Food
131 kcal	Energy portion
0.1g	Sugar portion
8.3g	Fat portion
0.6g	Salt portion

Nuts can cause children to have extreme allergic reactions to such an extent that swift action is necessary to prevent a fatality. We do therefore ask that items containing nuts, or nuts themselves are not included in lunchboxes.

Please help us to keep our children safe.

The balance of good health

Fruit and vegetables
- providing plenty of
fibre, vitamins and
minerals

**Choose 2 items from
this group**

A piece of fresh fruit
Fruit salad
Salad
Vegetable sticks
Small carton 100%
Fruit juice
Small portion dried fruit
Fruit and vegetables
added to sandwiches



Bread, other cereals and potatoes - great for energy

**Choose 1 item
from this group**

2 slices of bread
1 bagel

1 pitta bread

1 panini bread

1 tortilla wrap

2 small bread rolls/1 large

A portion of pasta or rice

4 crisp breads

A few bread sticks

Meat, fish and alternatives - vital for healthy growth

Choose 1 portion

Lean ham
Chicken
Turkey
Tuna
Salmon
Sardines
1 Boiled egg
Beans
Chickpeas
Hummus

Other items

Include from time to time for variety and appeal
Malt loaf, Banana bread, Fruit scone, plain popcorn,
Fig rolls, Fruit crisps, Fruit based cakes and bars
(watch out for sugar and fat content)

Drinks - don't forget to include a drink

Water - sparkling or still
100% fruit juice
Smoothies
Milk/flavoured milk with no more than 5% added
sugar

Milk and Dairy - crucial for healthy bones and teeth

Choose 1 item

Small carton semi
skimmed milk

Fruit smoothie made from
yoghurt/milk

1 carton yoghurt or
fromage frais

1 portion cheese

Nutritional guidelines per lunch:

Did you know that a child should have a total of:
Energy 585kcal,
Fat 23.7g,
Protein 8.5g (min), Carbohydrate 81.3g,
Sodium 722mg,
Salt 1.8g,
In just one lunchbox!

In one small chocolate bar there is:

Chocolate bar (54g)	Food
246 kcal	Energy portion
32.1g (8tsp)	Sugar portion
9.6g (2.5 tsp)	Fat portion
0g	Salt portion

How to get healthier items into your child's lunchbox



- Limit choice - don't ask your child what they want for lunch but offer 2 - 3 choices or get your child to help plan a week's menu.
- Involve your child in preparing their lunchbox.
- Let your child choose the lunchbox container they would like - it doesn't matter as long as it is practical, robust and hygienic.
- Talk to your children about why it is important to eat healthier foods.
- Don't reward children with unhealthy food.
- Get your child to try new foods.
- Eat the same foods as your children.
- Don't expect miracles overnight - take a gradual approach to changing your child's lunchbox.
- Keep getting your child to try foods they don't like in different formats