

THINKING & MANAGING SELF



DON'T FORGET YOUR LUNCH!

Choosing foods for long-lasting energy

Dan stuffed his football into his backpack and rushed towards the door.

"Hey, don't forget your lunch!" called his mum. "I put in an extra ham sandwich so you can have a snack before football practice."

"Thanks Mum," Dan said. "I'm walking to school with Harry, so I'm in a rush."

Dan met Harry on the corner by the crossing. "Let's run," Dan said. "Then we can have some kicks before school starts."

"Nah, I want to call into the shop," Harry said. "I've got some money from my Gran."

Harry came out of the shop with a doughnut and a big bottle of fizzy drink.

"You can't have that now - you won't have room for your lunch," Sam said.

"I didn't bring lunch," Harry said. "This will keep me going so we can play all lunchtime."

But at lunchtime, Harry wasn't feeling good. He fell asleep at his desk and Miss Kelly had to wake him up.

"I've got a spare sandwich if you need some energy for football," Dan offered.

"Nah, I'm feeling a bit sick," Harry said. "You go and play. I'll just watch today."

Dan picked up his ball and raced off to the field with the other kids. He scored the first goal!



EXPLORE!

Your personal energy source!

If you want to “power up” your lunchbox, so you can work, learn, and play, you need to add the right kinds of food. Sugary foods and drinks might give you a burst of energy, but that won’t last for long. You’ll soon feel cranky or tired like Harry did.



1. Work with a partner. Each write down the items you want to put into your lunchbox. Remember, choose long-lasting energy foods from the four food groups! When you’ve finished, compare and discuss your choices. Do either of you need to repack your lunchbox? *Hint:* For some yummy ideas, check out “Loading up the Lunchbox” on the Heart Foundation website. <http://www.heartfoundation.org.nz/healthy-living/healthy-eating/under-fives-nutrition/loading-up-the-lunchbox>
2. Harry chose to eat and drink a lot of sugary food early in the morning. Write a letter to Harry. Explain the effects of eating too much sugar, and why high-energy/nutrient-rich foods in your lunchbox are a better choice. Suggest a fun lunchbox selection for him. If you want some hints on ditching sugary drinks and feeling healthier, check out this link: <https://www.heartfoundation.org.nz/healthy-living/healthy-eating/food-for-a-healthy-heart/reduce-salt/ditching-sugary-drinks>
3. Carry out a lunchbox survey in your class. This can be anonymous. Ask each student to write down on a sticky note four items they’d love to have in a lunchbox. Collect the notes and place them on the whiteboard. Discuss and decide on the items that are high in sugar or fat. Graph the two kinds of foods: those that are high in fat or sugar, and those that are not. What does this tell you about the class’s lunches? Will they provide the energy that will get you through the day?

And for a drink,
choose milk
or water!

