

# WHAT'S IN YOUR PACKED LUNCH?



## AND WHY IT'S IMPORTANT FOR YOU!

We want you to think about what goes into your packed lunch so that you can have the best day possible and also consider your long term health.

Your lunch needs to do **4 THINGS** for your body:

1. Fuel you steadily for the afternoon.
2. Provide you with the nutrients your body needs.
3. Rehydrate you.
4. Be enjoyable and varied.

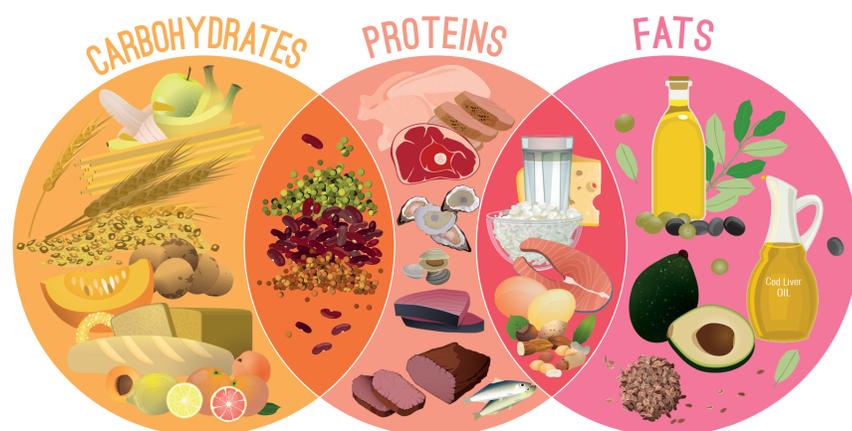
**CARBOHYDRATES** – main fuel source for the body, particularly complex carbs.

**PROTEINS** – for muscles and general growth.

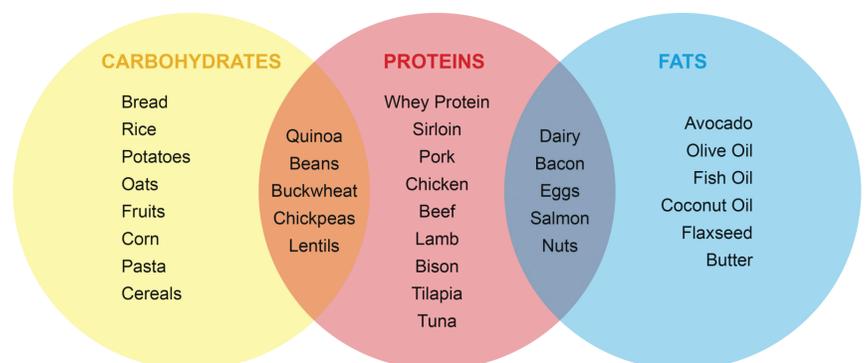
**FATS** – source of energy, helps absorb vitamins. Unsaturated fats are better than saturated fats.

**FIBRE** – helps digestion.

**VITAMINS & MINERALS** – keeps your body working properly.



### Where to find your carbohydrates, proteins and fats



### Complex carbohydrates over simple carbohydrates!

Complex carbohydrates tend to be starchy foods such as wholegrain bread, pasta, rice and vegetables; whereas simple carbohydrates will be sugars and sweet tasting foods like honey, sugary foods and fruits. Both are digested to glucose to fuel the body.

**Simple carbohydrates** are broken down quicker though and cause a quick increase in blood sugar levels.

**Complex carbohydrates** from starchy foods are broken down more slowly, release the glucose for energy more gradually and keep you feeling fuller for longer!

### Rehydrate!

You'll need a non-caffeinated drink to keep yourself hydrated for your brain, muscles and other systems in your body to work. This will keep you active in body and mind and stop feeling tired.

### Get some calcium

You're all growing at quite a rate! You need calcium for strong bones. Calcium is found in milk and dairy products but also bony fish and calcium-enriched dairy alternatives like enriched soya milk. Some cereals also have added calcium.

### Unsaturated fats over saturated fats!

Fats are vital in your diet. Unsaturated fats though are much healthier for you. They are found in vegetable oils and fish oils and nuts and beans.

Saturated fats should be limited. They are found in fatty meats, butter, lard, ghee, cheese, palm oil and coconut oil as well as cakes and biscuits.

### Eat the rainbow

You want a range of different vitamins and minerals in your lunch. Make sure you have fruit and veg that give a range of colours and therefore different vitamins and minerals.

**NO PLAIN BROWN LUNCHES!**

## RATE MY PLATE!



Share a picture of your lunch with a quick description and how it fits the checklist to [pknight@thehambleschool.co.uk](mailto:pknight@thehambleschool.co.uk)

House points for entries and the best will be shared with the school.

**CHECKLIST** – this can be downloaded, along with this poster, by visiting:

[www.thehambleschool.co.uk/autumn-2020](http://www.thehambleschool.co.uk/autumn-2020)

