



Shopping List Challenge:

MY HEALTHY LUNCH

Fuel Your Body, Test Your Brain!



MECHANICS

- 1 Choose an ingredient from each food group**
- 2 Write or draw your shopping list**
- 3 Find the items in the fridge or cupboard (or shop for them)**
- 4 Make your lunch!**

PROTEIN

Chicken slices

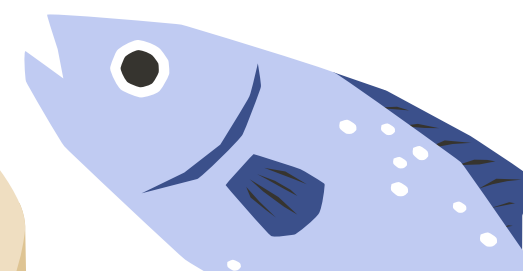
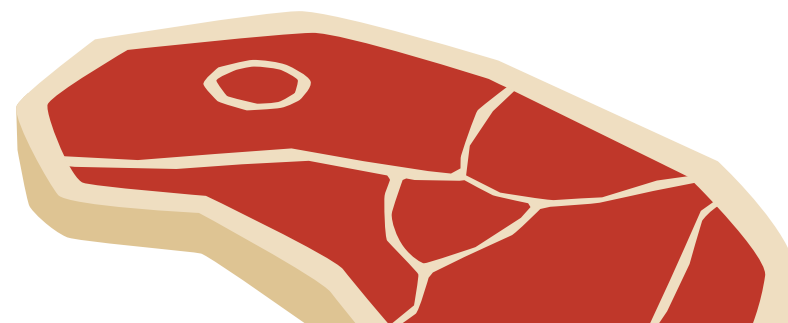
Boiled egg

Cheese cubes

Tuna

Hummus

PICK ONE



VEGGIES

Carrot Sticks

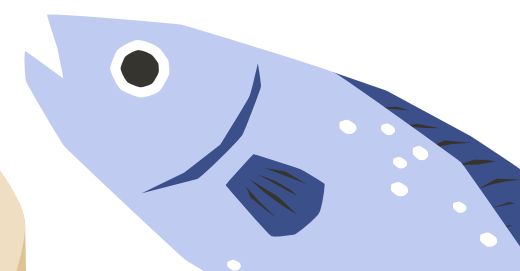
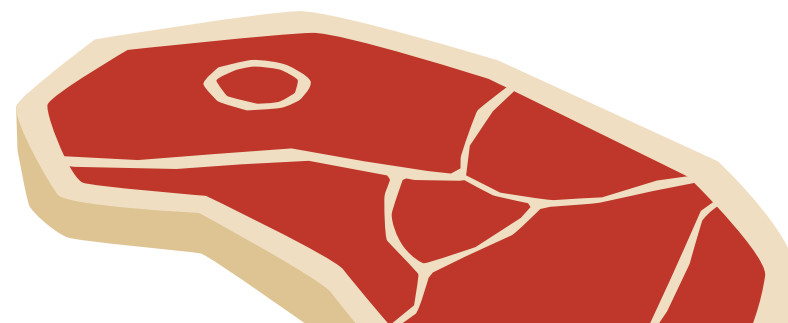
Cucumber Slices

Lettuce

Cherry Tomatoes

Sweetcorn

PICK AT LEAST ONE



FRUIT

Apple

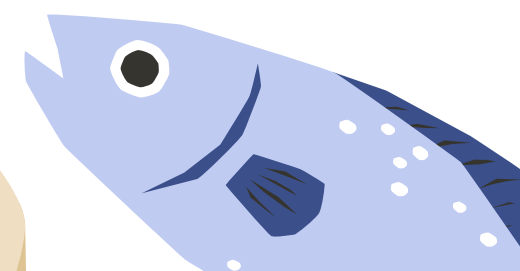
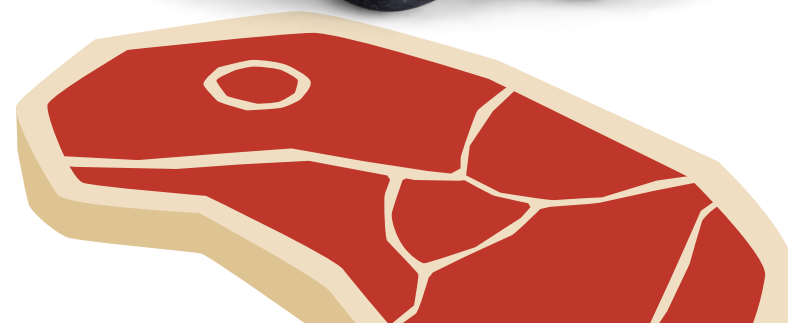
Banana

Grapes

Orange Segments

Berries

PICK AT LEAST ONE



CARBOHYDRATE

Wholemeal Bread

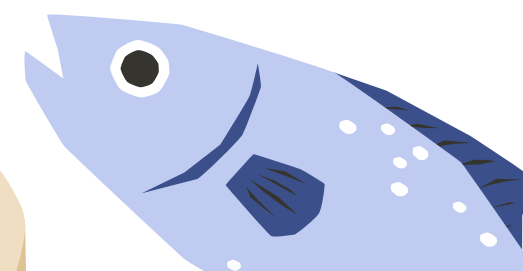
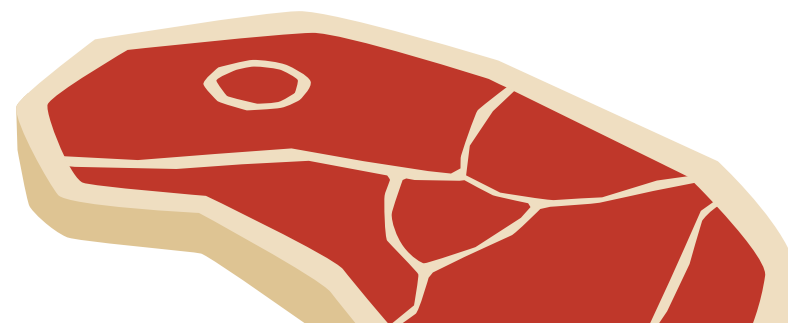
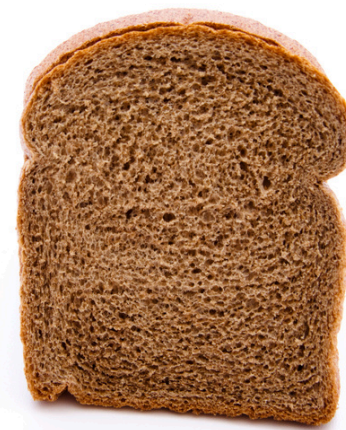
Wrap

Pitta Bread

Crackers

Rice Cakes

PICK ONE



DRINK

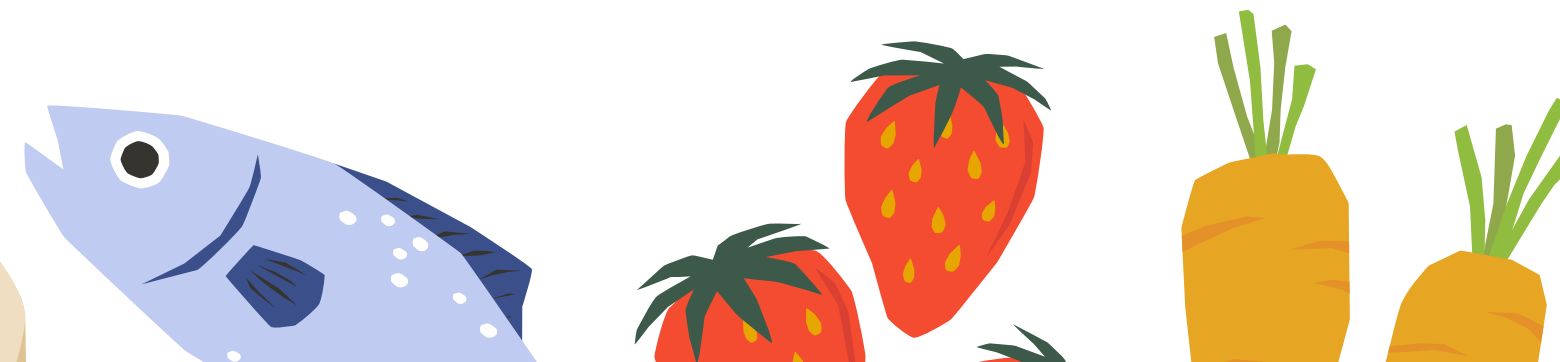
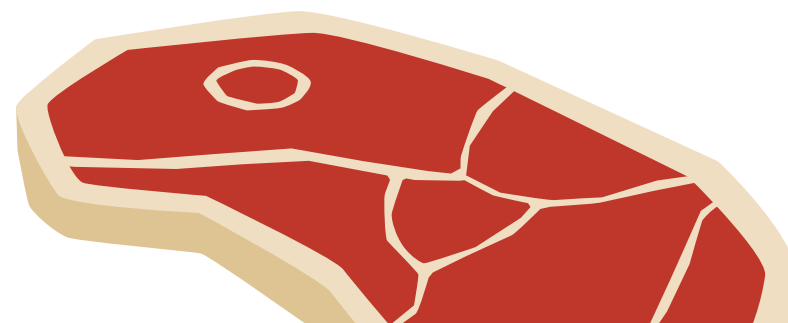
Water

Milk

Fruity water

Squash

PICK ONE





Write or Draw you shopping list!

MY INGREDIENTS



Find the items on your shopping list!

IN THE FRIDGE

IN THE CUPBOARD

IN THE FRUIT BOWL

**IF YOU DO NOT
HAVE THE ITEMS,
WHERE CAN YOU
GET THEM FROM?**



At the shop?



THE CHILLER

**THE FRUIT AND
VEGETABLE AISLE**

THE BREAD AISLE

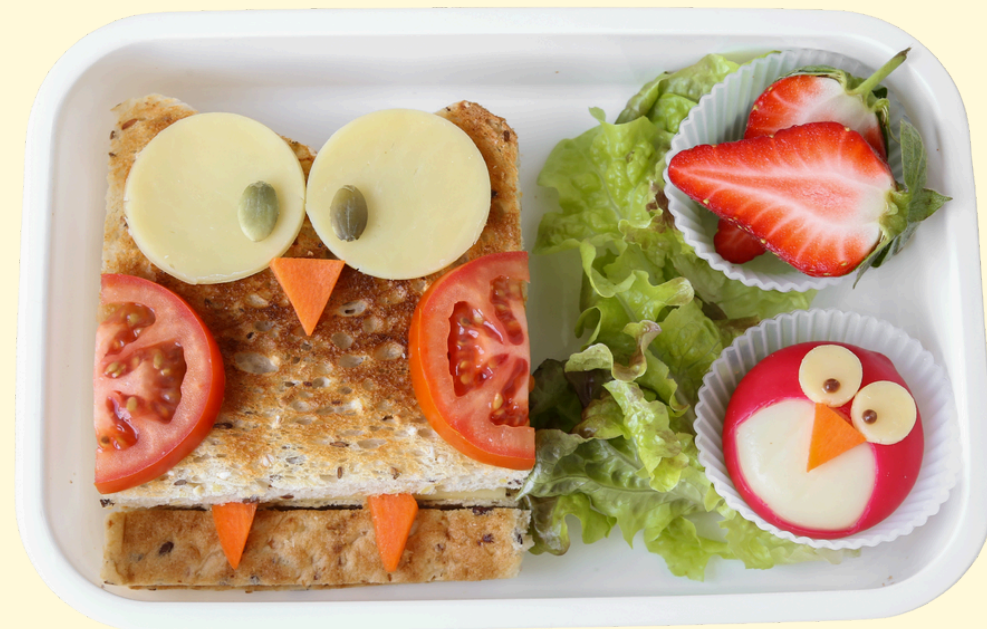
**CAN YOU SEE THE
ITEMS YOU NEED?**

**HOW MUCH DO
THEY COST?**

*When shopping, point out how some things cost less and some things cost more.
Discuss why.*



Put your healthy lunch together...



**HOW DOES YOURS LOOK?
IS IT ON A PLATE, OR IN A
BOWL? IN A LUNCH BOX OR
A PICNIC?**



**TAKE A PHOTO OR DRAW A
PICTURE OF YOUR HEALTHY
LUNCH**



Need more of a challenge? Next time try to...



**GET YOUR INGREDIENTS ALL
WITHIN A £4 BUDGET.**

**MAKE A LUNCH WITHOUT ANY OF THE
INGREDIENTS YOU HAD TODAY.**

**FIND A VEGETABLE IN THE
SHOPS YOU HAVE NEVER TRIED
BEFORE.**

**MAKE A HEALTHY LUNCH WITH ONLY
THINGS THAT YOU HAVE IN YOUR
CUPBOARDS - BE CREATIVE!**

**FIND A FRUIT YOU HAVE NEVER
TRIED BEFORE.**

**FIND A PROTEIN YOU HAVEN'T
TRIED BEFORE**