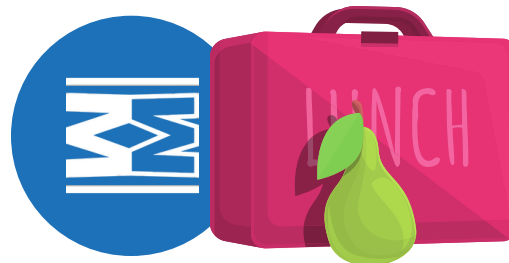


The Lunch Bunch Challenge **WEEK ONE**

**MOVE
MORE**

The new Move More Packed Lunch Challenge!

WHY TAKE PART?



As a parent, whether you have a toddler who is off to nursery or a child at school, making their lunch can become a chore and we can lack inspiration for what to include, resorting often to the same few ingredients and items.

So, between now and Easter, you will receive an idea each week for you (and your child, of course) to try, that will help you spice up lunchtime in a healthy and creative way.

Lunch is a crucial meal from a nutritional perspective and should provide around a third of your child's daily nutrients. Children often eat well at lunchtime, unlike dinner when some children may be too tired to eat and may 'pick' more at their food. Each week we will focus on a different food group and the first is CARBOHYDRATES.

WEEK ONE - CARBOHYDRATES

Why do we need carbohydrates?

Carbohydrates are a crucial element of your child's lunchtime meal as they provide them with the energy that they need to learn and play effectively right through until tea.

Most people think of pasta, grains, rice and bread when they think of foods that are high in energy, but carbohydrate can also be found in vegetables and many fruits.



Check out our family activity sheet below and watch the video to collect the weekly letter. Email us the secret word at the end of the challenge to be in with a chance of winning a prize!

Team Carbohydrate

PROFILE:

Team Carbohydrate

LEARN

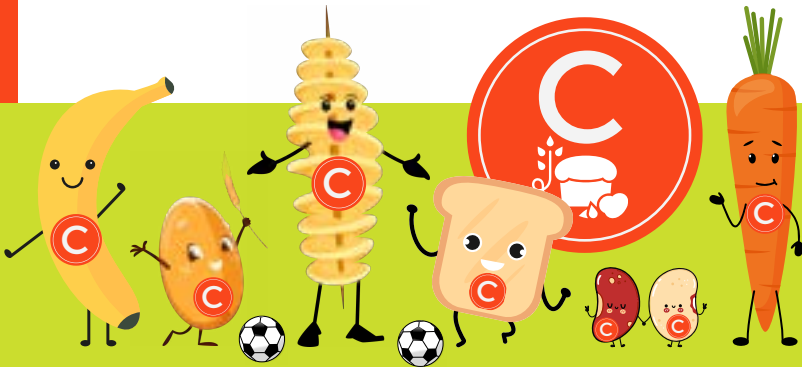
PLAYERS:

Pasta, grains, rice, bread and some fruit and vegetables

TEAM STRENGTHS:

The carbohydrate team are an **ENERGETIC BRUNCH!**

When eaten they provide you with lots of **ENERGY**, especially the brain and the nervous system.



CARBOHYDRATE PACKED LUNCH!

Shopping List

- 50g broccoli
- 1 medium carrot
- 50g peas, frozen
- 1 red pepper
- 25g cheese of your choice
- 200g macaroni pasta
- 1 tbsp olive oil or butter

Bored of sandwiches?

Let's have some pasta instead!

Confetti Macaroni Salad

Serves 4

Prep time 10 mins

Cook time 10 mins

Method:

- Chop the broccoli into bite-sized pieces.
- Peel and chop the carrot.
- Thaw the peas.
- Cut the pepper and remove the seeds.
- Chop the pepper into bite-sized pieces.
- Grate the parmesan.
- Cook the pasta according to the package directions. While this is boiling, check out our word search.
- Add the broccoli florets during the last minute of cooking.
- Drain the pasta and broccoli; toss together with the carrot, peas and pepper.
- Drizzle with the olive oil or butter and sprinkle with the cheese.

Carbohydrates

S D C O S T I U R F
 E E A E P C Q Z V S
 L L P E R A W Y N E
 B A L C R E M I G P
 A E F O O B A F Y Z
 T M K J Y R S L E X
 E T T U G X N S C I
 G A Z S N A E B I C
 E O P A S T A M R D
 V I J L I E P T W H

CORN
 GRAINS
 BEANS
 FRUITS

BREAD
 RICE
 OATMEAL

PASTA
 CEREAL
 VEGETABLES

TIME FOR A QUIZ!



PLAY IT AS A FAMILY OR EVEN TRY IT AS A WHOLE SCHOOL ASSEMBLY!

- Please read the important notice below before doing the activity video.
- Scan the QR code with your camera phone to load Week 1's video or you can click or type the link into a URL bar to load.
- Guess the answers to the questions and do the relevant activity beneath it for 30 seconds.



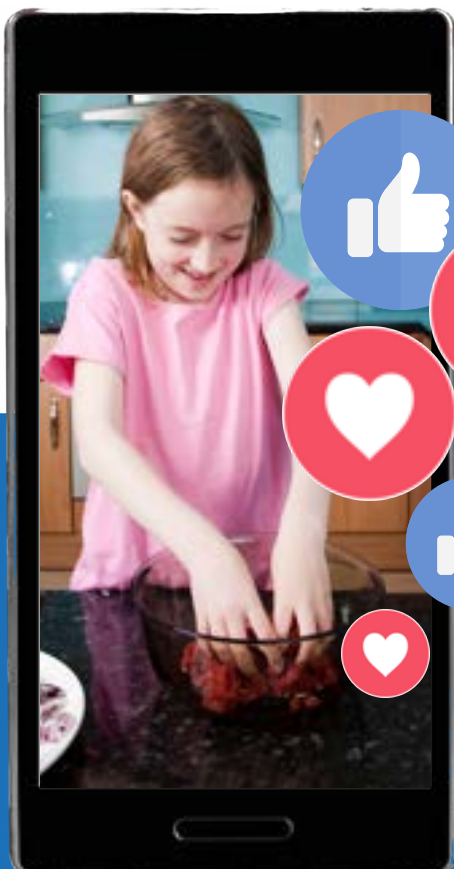
UNLOCK WEEK ONE'S LETTER!

<https://youtu.be/efhwYESSmbc>



Important Notice

The activities detailed are to be used as a guide to improve children's / adults' physical and mental well-being. When taking part in the activities, children should always be accompanied by a responsible adult and appropriate levels of caution should be used by all participants when partaking in any activities that may be beyond their current capabilities. Move More do not accept any responsibility or liability should an injury occur whilst carrying out any of the activities detailed.



1. Make sure you have enough space around you so that you do not bump into anything and are able to keep safe.
2. Wear trainers and sports clothes or comfortable clothes to be able to move around safely .
3. If you need some extra equipment, always ask an adult to help you find these.
4. Take regular drink breaks.
5. Stop or rest should you feel any discomfort.



EMAIL: marijana@move-more.org

Or Share your #LunchBunch pics on social media
Don't Forget to Tag & Follow us @MoveMoreCIO

WWW.MOVE-MORE.ORG/PARENTZONE