

# The Lunch Bunch Challenge WEEK TWO

MOVE  
  
MORE

## The new Move More Packed Lunch Challenge!

### WHY TAKE PART?



Welcome back to our Packed Lunch Challenge. We hope you enjoyed last week's quiz, puzzle and recipe and are excited to learn more and have some more fun again this week.

Lunch is an important meal for your children and should include a range of foods from the different food groups. Last week, we focused on carbohydrates, so this time we will zoom in on PROTEIN. Most children get plenty of protein in their diet- even if meat is not their favourite food or is not something they eat. That is because protein is found in a whole host of foods including granola bars, wholegrain crackers, yoghurt, cheese and hummus – any of these can easily be added to a packed lunch.

## WEEK TWO - PROTEIN

### Why do we need protein?

Foods that are high in protein are great at helping you feel full, whilst also providing your child with energy to keep them going all afternoon. It increases muscle mass and strength and is good for your child's bones.

Protein is also important when it comes to repairing and building the body's tissues and it keeps your immune system strong, preventing you from getting ill so often.



**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 Protein!



### PROFILE:

Team Protein

### PLAYERS:

Meats, eggs, milk, seeds, nuts, yoghurt, fish, soya, tofu.

### TEAM STRENGTHS:

The protein team are a very **STRONG BRUNCH!**

When eaten it increases muscle mass and strength and is good for your bones.

# LEARN

## PROTEIN PACKED LUNCH!

### Shopping List

- 140g butter (plus extra for greasing), softened
- 140g caster sugar
- 2 large eggs (beaten)
- 140g self-raising flour
- 1tsp baking powder
- 2 very ripe bananas (mashed)

### Equipment

- A loaf tin
- 2 bowls (one for mixing in and one for mashing in)
- A fork
- A wooden spoon
- Baking paper
- A skewer
- A cooling rack

Do you love bread? Do you love bananas? Why not combine the two and bake some delicious banana bread that you can add to a packed lunch any day of the week.

### High protein banana bread

Prep time 15 mins

Cook time 30 mins

#### Method:

- Preheat the oven to 180 degrees Celsius/ Gas mark 4
- Grease and line a loaf tin with baking paper
- Cream the butter into the sugar using a wooden spoon, then gradually add the eggs and fold in the flour
- Finally, add the baking powder and mashed bananas
- Mix well and don't leave any lumps- they will sink to the bottom when you bake the bread
- Pour the mixture into your lined loaf tin and bake for 30 mins
- After 30 mins, check it is ready by inserting a clean skewer. If it comes out clean, it is ready. If it comes out dirty, put the banana bread back in the oven for 5 more minutes.
- When it is ready, leave to cool in the tin for 10 mins before transferring to a wire rack.



## ACTIVITY TIME!

We know that eggs are really good for us as they are high in protein. Why not boil an egg (with the help of an adult) and decorate it with paints. You could follow an Easter theme or just decorate it as you wish. Here are some ideas below to help you get inspired...

# 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 2'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 TWO'S LETTER!

<https://youtu.be/bdsIIQ-RVSo>



### 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.

You are invited to join our **NEW PARENT FACEBOOK GROUP** for participating schools. Click on the link to join Move More's Family Health programme 2023/24 & share your feedback, photos or videos of your **LUNCH BUNCH ACTIVITIES!**

**[WWW.FACEBOOK.COM/GROUPS/591081713029985](https://www.facebook.com/groups/591081713029985)**



@MoveMoreCIO   

**WWW.MOVE-MORE.ORG/PARENTZONE**