

The Lunch Bunch Challenge **WEEK THREE**

MOVE
MORE

The new Move More Packed Lunch Challenge!

WHY TAKE PART?



Welcome back! We hope you have had some fun over the last 2 weeks with your children learning about different food groups and why they are important parts of everyone's diet. Perhaps you enjoyed cooking together and providing your child with something deliciously different in their packed lunch?

This week, we will be looking at VEGETABLES, why they are so vital and how they can be incorporated into your children's midday meal.

WEEK THREE - VEGETABLES

Why do we need vegetables?

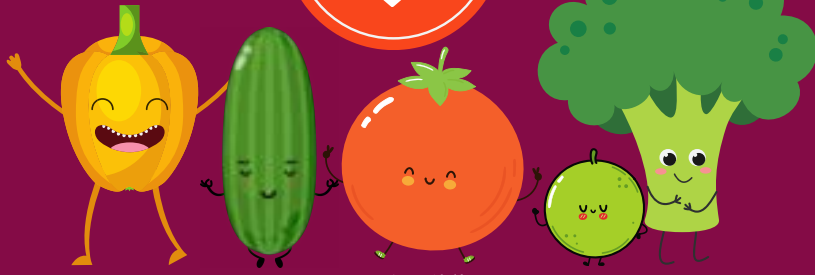
They are high in vitamins, minerals and fibre which help you grow healthily, and they make your immune system strong, helping you fight off bugs. The more colours you can eat, the better- so try yellow and red peppers, green broccoli and cucumber, red tomatoes and orange carrots. Any of these could be chopped up and added to your child's packed lunch box, perhaps with a side portion of hummus dip!



If you want to try something a little different that is packed with plenty of veg, why not have a go at cooking a 'Vegetable Frittata'. It is easy to make, delicious to eat and your children will love helping you prepare all the ingredients (with supervision, of course).

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 Vegetable!



PROFILE:

Team Vegetable

PLAYERS:

Peppers, tomato, cucumber, peas, broccoli.

TEAM STRENGTHS:

The vegetable team have a very good DEFENCE! They are high in vitamins, minerals and fibre which help you grow healthily, and they make your immune system strong, helping you fight off bugs

LEARN

KIDS' CHEESE AND VEGETABLE FRITTATA PACKED LUNCH!

Shopping List

- 2tsp oil (sunflower or vegetable)
- 4 large eggs
- 50ml milk or cream of your choice
- A handful of grated cheddar (or alternative)
- 10 cherry tomatoes
- 1 red pepper, chopped
- A handful of frozen peas, defrosted
- 50g broccoli, cut into small florets
- A pinch of black pepper
- 1 tbsp of any fresh herbs (optional)

Equipment

20cm diameter oven-proof dish, a glass bowl, a spatula

Kids' Cheese and Vegetable Frittata

Prep time 30 mins

Cook time 20 mins

Method:

- Preheat the oven to 180°C/ gas mark 4.
- Rub the oil over the inside of the 20cm oven-proof dish using a sheet of kitchen roll.
- Break the eggs into a glass bowl. Add the milk or cream to the eggs and whisk with a fork until it is light and fluffy.
- Add half of the grated cheese and add a little black pepper. You can also add the herbs if you like.
- Put the vegetables into the oven-proof dish. Pour the egg and cheese mixture onto the vegetables and sprinkle the remaining cheese on top.
- Place the dish in the oven for 20 mins until golden brown. Check it is cooked in the middle by poking with a sharp knife. If it is still loose, return to the oven until set. Leave to cool before removing from the tin with a heatproof spatula.
- Eat hot or cold.

Did You Know?

The world's largest carrot weighed over 9kg. That's the same weight as a large cat.



ACTIVITY

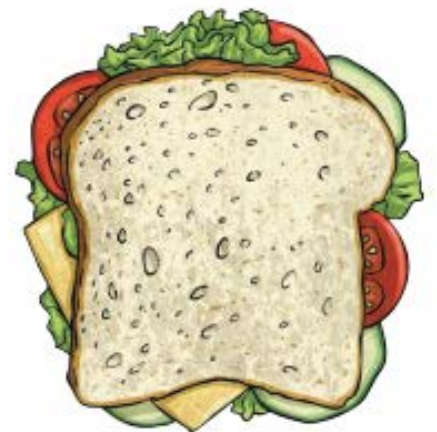
Design a sandwich!

Perhaps you can create some veggie-rich combinations of your own at home. Why not have a competition within your family where each person invents a sandwich filling and you vote for the tastiest. Who can be the most creative?

Bread	
Butter	
Fillings	
Sauces/Condiments	

Exciting veggie-rich sandwich fillers to try:

- Cheese and salad
- Egg and tomato
- Tuna and cucumber
- Chicken and avocado
- Ham and cucumber



This is what my sandwich will look like:

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 3'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 THREE'S LETTER!

<https://youtu.be/UQDaqxKkr0w>



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