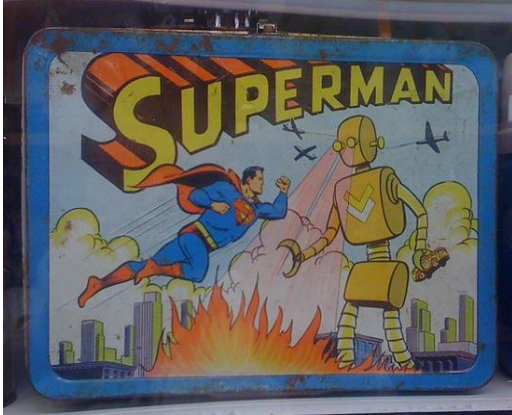




Picture News

Communicate

Food: Resource 1





Picture News

Communicate

Food: Resource 2





Picture News

Communicate

Food: Resource 3





Picture News

Communicate

Food: Resource 4





Key Vocabulary

Vocabulary from the news story	Packed Lunches Vocabulary	Family Meals Vocabulary	Healthy and Unhealthy Vocabulary	3 Meals a Day Vocabulary
lunchbox collected museum showcase cartoon characters bands movies television shows popular open close fasten picture front back carry handle	packed lunches make adults children eating home buy old picnic day out sandwich fruit yoghurt snack	family meals like dislike starter main course dessert pasta salad sandwiches spaghetti - bolognaise curry naan bread roast dinner salmon fish vegetables	healthy fruit bananas apples grapes oranges strawberries vegetables celery carrots potatoes meat eggs vitamins unhealthy sugar fat	salt fried food donuts cakes chocolate burgers breakfast lunch dinner tea supper hot meal cold meal cereal toast full English breakfast sandwich toastie jacket potato pasta shepherd's pie pizza



Food



Day 1: Introducing the news story

Look at the Picture News poster. What can you see?
Tell the children the man in the photo is showing everyone all his lunchboxes!

Think about: Why do you think he has so many lunchboxes?

Tell the children that this man is called Alan Woodall. He was in the news because he has collected so many lunchboxes that he now has a museum to showcase them all in Columbus, USA. The lunchboxes show different cartoon characters, music bands, movies or television shows that were popular at that time.

Alan Woodall didn't have a lunchbox when he went to school, he was just given a paper bag.

Think about: Why do you think Alan didn't have his own lunchbox? Would you like to visit Alan's museum?

Question: Do our lunchboxes tell people what we are interested in?

Look at the pictures on **Resource 1** of different lunchboxes.

Think about: Which of these lunchboxes do you like the most? Why? Would you use any of these lunchboxes? Why/why not? Do you have a lunchbox? What is it like? Does it have a picture of anything on it? What? How does it open/close? How do you carry it? If you could buy any lunchbox, what would it be like and what would it have on the front? What do you think your lunchbox says about you?

Day 2: Packed lunches

Recap on the news story about Alan Woodall's lunchbox museum and recap some of the different kinds of lunchboxes on **Resource 1**.

Discuss that lots of adults make themselves a packed lunch as well as children. Ask the children if they know an adult that sometimes has a packed lunch and why they might take a packed lunch rather than buy lunch every day from a shop? Does the adult you know have a fun packed lunch?

Ask them to think about if we ever have a packed lunch when we are eating at home? Why not?

Ask the children to share a time when they needed to take a packed lunch somewhere other than school.

Prompt questions:

- Where were you going?
- What was your lunchbox like?
- What do you like to have in it?
- Do you have old packed lunch boxes that you don't want to use anymore? Why not?

Day 4: Healthy and unhealthy food

Recap on the discussion from Day 3 and share your favourite family meal.

When eating with your family do you always eat healthily?

What do we mean when we say healthy? Look at **Resource 3** and discuss which foods you think are healthy and which are unhealthy. Why do you think these things are good/bad for us?

Ask the children to share a time when they had lots of unhealthy food.

Prompt questions:

- Was it a special occasion or a treat?
- What did you have?
- How did eating the food make you feel?
- Would you have that kind of food every day?

Day 3: Family meals

Recap on the discussion from Day 2 about how we don't normally have packed lunches at home.

Look at **Resource 2** of different kinds of food people may eat at home as a family. Ask the children if they can name all the different foods. Which do you like/dislike?

What is your favourite family meal? Does everyone in your house have the same favourite? What do other people like? Where do you eat meals together?

Ask the children to share a time they went out for a family meal?

Prompt questions:

- Where did you go?
- Who did you go with?
- What kind of food did you have?
- Did you have a starter/main course/dessert?
- Would you go to that restaurant/café again? Why?

Day 5: 3 meals a day

Recap on the discussion about healthy and unhealthy food. Can you remember which is which?

Ask the children how many meals do they have a day? Look at **Resource 4** and discuss which foods you would eat at which time of day?

Ask the children to share a typical day's meal in their house.

Prompt questions:

- What do you call the meals you have every day?
- What do you and your family normally have for breakfast?
- Do you have a hot meal in the middle of the day or as the last meal?
- Do you prefer hot or cold meals?
- Do you ever change your normal eating routine on a weekend (e.g. have a takeaway, have a special family meal)?