



National Dairy Council (NDC) Back to School Videos with Sinéad Delahanty and Evan Lynch – Information Sheet for Teachers

Background

We, at the National Dairy Council (NDC), know that the secondary school day can be long and students need healthy options to keep them going at lunchtime and beyond depending on after-school study or activities. With so much misinformation about diets and nutrition on the internet, it can be confusing to know what goes into a healthy lunchbox and how to keep it varied! To help, we have enlisted Sinéad Delahanty, physiotherapist, food creator and Gaelic footballer, and Evan Lynch, registered dietitian and sports nutrition specialist, to create some videos where they chat about what a healthy lunchbox should contain, some lovely lunchtime recipes to try and the role of dairy as part of a healthy balanced diet. Along with the videos, we have created worksheets to assist classroom activities for students watching these videos in school or as a homework assignment.

Videos

There are 6 videos in total which are follows:

- What's in a Healthy School Lunchbox
- Creative and Fast Lunchbox Solutions
- The Importance of Dairy in a Teenage Diet
- Dairy as part of a Healthy, Sustainable and Balanced Diet
- Dairy & Sport
- Busting Dairy Myths

The videos can be accessed on the NDC YouTube channel

(<https://www.youtube.com/playlist?list=PLwYgTsV2Gym2-5dwB2keqyyQN4SqJtFoR>)

Worksheets & Additional Resources

For each of the videos we have developed a separate worksheet which can be printed off and used to fill in the questions associated with each of the videos. The worksheets are available on the NDC website at <https://ndc.ie/lunchbox-tips/>

Recipes

In all of the videos (with the exception of Busting Dairy Myths), Sinéad Delahunty demonstrates how to make a tasty recipe that can be used as a lunchbox filler.

The recipes are as follows:

- What's in a Healthy School Lunchbox Video – Recipe: Tuna & Sweetcorn Wholemeal Pitta <https://ndc.ie/recipes/tuna-sweetcorn-wholemeal-pitta/>
- Creative and Fast Lunchbox Solutions Video – Recipe: Curried Yogurt Chicken Flatbread <https://ndc.ie/recipes/curried-yogurt-chicken-flatbread/> and Oat & Berry Smoothie <https://ndc.ie/recipes/oat-berry-smoothie/>
- The Importance of Dairy in a Teenage Diet Video – Recipe: Cheesy Spinach & Ham Frittata <https://ndc.ie/recipes/cheesy-spinach-ham-frittata/>
- Dairy as part of a Healthy, Sustainable and Balanced Diet Video – Recipe: Feta & Chickpea Pesto Pasta <https://ndc.ie/recipes/feta-chickpea-pesto-pasta/>
- Dairy and Sport Video – Recipe: Apple & Berry Overnight Oats <https://ndc.ie/recipes/apple-berry-overnight-oats/>

These recipes (and more!) can be found on the “Recipe Inspiration” section of the NDC website <https://ndc.ie/recipes/>