

Worksheet for the National Dairy Council Video “Creative and Fast Lunchbox Solutions”



Background

This worksheet is to accompany the National Dairy Council (NDC) Back-to-School video entitled “Creative and Fast Lunchbox Solutions”. The video can be accessed on the NDC Youtube channel (<https://www.youtube.com/playlist?list=PLwYgTsV2Gym2-5dwB2keqyyQN4SqJtFoR>)

Instructions

After watching the video, please answer the questions below.

Q1. Thinking about your lunch over the school week and how long you are in school each day (consider after-school activities), write out a possible menu for lunch and include healthy snacks too. Have you included all key food groups?

	Monday	Tuesday	Wed	Thurs	Friday
Little break					
Lunch					
Afterschool Before sport/study					

Q2.

For each little break option chosen in the table in Q1, give a reason for your choice

For each lunch option chosen in the table in Q1, give a reason for your choice

For each afterschool or before sport/study option chosen in the table in Q1, give a reason for your choice

In the video, Sinéad makes a delicious curried yogurt chicken flatbread.

Q3. How would you make sure chicken is fully cooked?

Q4. How will you safely store food leftovers?

Q5. How best to store a smoothie if you were bringing one in your lunchbox?

[Hint – If you aren't sure of some of the answers, check out the Food Safety section on the Safefood website www.safefood.ie]

In this video, Sinéad makes a delicious curried yogurt and flatbread. Full recipe details can be found at <https://ndc.ie/recipes/curried-yogurt-chicken-flatbread/>

Q6. How could this recipe be adapted for individuals who don't eat meat?

In this video, Evan and Sinéad mention making an oat & berry smoothie. Full recipe details can be found at <https://ndc.ie/recipes/oat-berry-smoothie/>