

# Worksheet for the National Dairy Council Video “What’s in a Healthy School Lunchbox”



## Background

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

An additional resource to help you answer the questions is the Nutrition & You Teenagers Booklet available on the NDC website <https://ndc.ie/our-publications/>)

## Instructions

After watching the video, please answer the questions below.

Q1. What should be included in a healthy lunchbox? [Hint – look out for the healthy school lunchbox checklist in the video]

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Q2. What are the food groups of the food pyramid and give one example of each including a serving size for teenagers

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Q3. Give examples of how to ‘eat like a rainbow’

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Q4. Give one example of a healthy sandwich filling.

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Q5. What changes would you make to your school lunch after seeing this video?

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In this video, Sinéad makes a tasty tuna and sweetcorn wholemeal pitta. Full recipe details can be found at <https://ndc.ie/recipes/tuna-sweetcorn-wholemeal-pitta/>