

Brown Bag lunch Child 4 -6



Plan brown bag lunch for a 5 day school week suitable for a four year old - six year old.

Format: Word, Powerpoint, or pencil/paper

Include: lunch, snack and beverage

Your lunches will be evaluated on the following:

- Transportation of lunch. How will the lunch be transported to school?
- **Choose one of the following issues to research and plan your brown bag lunch according to restrictions of the medical issue. Be sure to explain the medical issue.**
 - Allergy to nuts
 - Lactose intolerant
 - Inflammatory bowel disease
 - Iron-Deficiency Anemia
 - Diabetic
 - Celiac disease
 - Childhood obesity
- Sanitation- keep if safe from contamination and spilling

- Appeal/creativity
- Nutrition- be careful of sugar and salt content
 - Added sugar- children-25 grams or 6 teaspoons
 - added salt- sodium intake to 1,500 to 2,300 milligrams **a day**
- Predicted cost for the 5 days of food for the child
- **Question for discussion:** How could we as a community/society make it easier for low-income families to buy healthy foods and plan healthy meals?