

# SCHOOL LUNCHEES IN TAIWAN

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# HOW TO EAT WELL?





臺灣學校午餐大賽  
得獎作品

WINNERS OF TAIWAN  
SCHOOL LUNCH  
COMPETITION

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WINNERS OF TAIWAN SCHOOL LUNCH COMPETITION



- What do students eat for school lunch in Taiwan as the photo shows?
- They eat \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_, and \_\_\_\_.  
(rice, vegetable, meat, soup, fruit)
- Which do you like to eat?
- I like to eat \_\_\_\_, because it tastes \_\_\_\_.

What are the types of food in this menu?

The types of food are "vegetables", "fruits", "Grains", "meat".

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## 【國際評審獎】

台南市新南國小



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# WE NEED TO EAT A VARIETY OF FOODS





A vibrant collage of fresh ingredients on a wooden surface. In the center, two pieces of salmon are laid out on a wooden cutting board. To the left, there's a head of green lettuce, a whole avocado, and a small glass bowl of sesame seeds. Above the salmon, a bunch of fresh tomatoes and a head of broccoli are visible. In the background, there's a bowl of sliced pumpkin, a bunch of green beans, a red onion, and a glass of olive oil. To the right, a paper bag is filled with almonds, and another bag contains walnuts. The overall scene is a rich display of healthy, natural food products.

## **HOW TO DESIGN OUR OWN LUNCH MENU ?**

## How to use the Pyramid

The recommended number of servings for children (from 5 years of age\*) and adults is highlighted beside each shelf. For example, to get at least 4 servings from the Fruit and Veg shelf you could have:

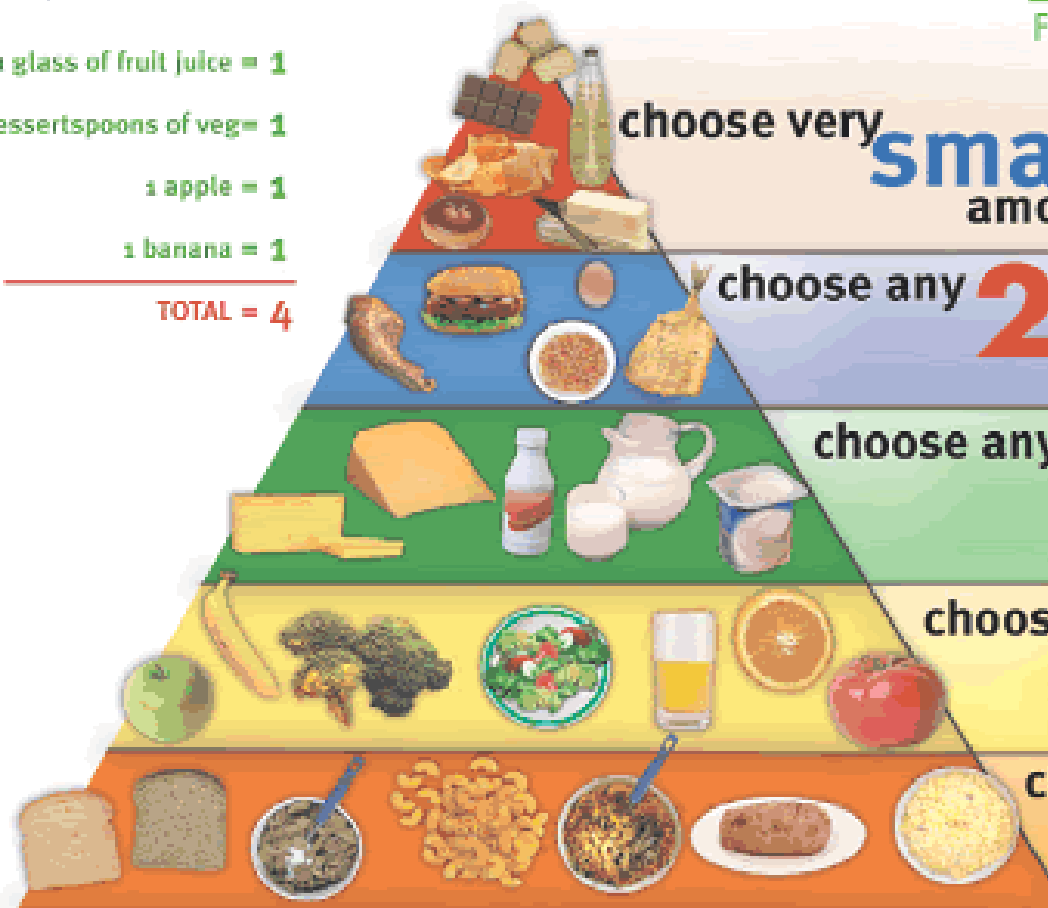
1/2 a glass of fruit juice = 1

3 dessertspoons of veg = 1

1 apple = 1

1 banana = 1

**TOTAL = 4**



# Use the FOOD PYRAMID

## to Plan Your Healthy Food Choices

For serving sizes and daily eating plan see over →→→→

choose very **small** amounts

Choose oils, margarine or low fat spreads labelled 'High in Polyunsaturates' or 'high in Monounsaturates' which are healthier for your heart. Use sparingly. Limit fried foods to 1-2 times a week.

choose any **2**

**MEAT, FISH, EGGS, BEANS & PEAS**

Choose lean meats or trim off fat.  
Choose 3 servings during pregnancy.

choose any **3**

**MILK, CHEESE & YOGURT**

Choose Low Fat choices frequently, except for young children. Choose 5 servings for teenagers or if pregnant or breast feeding.

choose any **4+**

**FRUIT & VEGETABLES**

Choose green leafy vegetables, citrus fruit and fruit juices frequently.

choose any **6+**

**BREAD, CEREALS & POTATOES**

Choose high fibre cereals and breads frequently.  
If physical activity is high, up to 12 servings may be necessary.

### DRINK WATER REGULARLY - AT LEAST 8 CUPS OF FLUID PER DAY

Folic Acid - An essential ingredient in making a baby. If there is any possibility that you could become pregnant,

<https://sites.google.com/site/balanceddietanniekwok/home/calorie-table>

\* For younger children, start with smaller and fewer servings and increase up to the guidelines recommended, according to the child's own growth and appetite.

# THE EATWELL PLATE



<https://www.amentarium.org/en/magazine/nutrition/what-exactly-balanced-meal>

The eatwell plate highlights the different types of food that make up our diet, and shows the proportions we should eat them in to have a well balanced and healthy diet.

# PLENTY OF POTATOES, BREAD, RICE, PASTA AND OTHER STARCHY FOODS



Choose **wholegrain varieties** whenever you can, or eat potatoes with their skins on for more fibre.

# PLENTY OF FRUIT AND VEGETABLES



Did you know that we should be eating at least **five portions** of a variety of fruit and veg every day?

# SOME MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN

- These are important sources of protein, vitamins and minerals, and form part of a healthy balanced diet.



# SOME MILK AND DAIRY FOODS

Go for lower-fat milk and dairy foods.

These are healthier options to help you get enough protein and calcium.



# JUST A SMALL AMOUNT OF FOODS AND DRINKS THAT ARE HIGH IN FAT OR SUGAR

Cut down on fat and sugar by eating fewer sweets, cakes and biscuits, and drinking fewer sugary soft drinks.







# DESIGN YOUR OWN LUNCH MENU

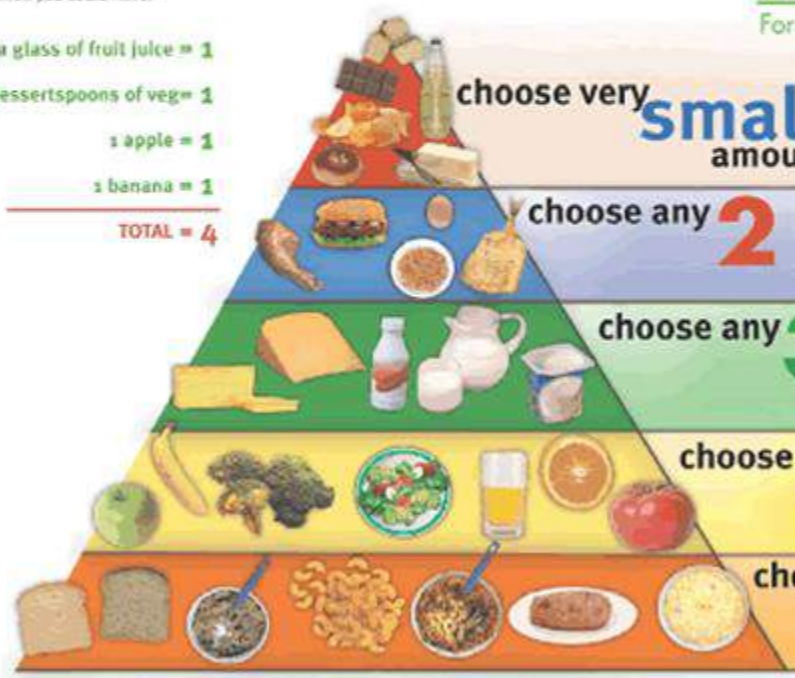
**LET'S TRY!**

# THE RULES OF SCHOOL LUNCH MENU DESIGN



**How to use the Pyramid**  
 The recommended number of servings for children (from 5 years of age\*) and adults is highlighted beside each shelf. For example, to get at least 4 servings from the Fruit and Veg shelf you could have:

- 1/2 a glass of fruit juice = 1
- 3 dessertspoons of veg = 1
- 1 apple = 1
- 1 banana = 1
- TOTAL = 4**



## Use the FOOD PYRAMID to Plan Your Healthy Food Choices

For serving sizes and daily eating plan see over →→→→

- choose very small amounts** Choose oils, margarine or low fat spreads labelled 'High in Polyunsaturates' or 'high in Monounsaturates' which are healthier for your heart. Use sparingly. Limit fried foods to 1-2 times a week.
- choose any 2 MEAT, FISH, EGGS, BEANS & PEAS** Choose lean meats or trim off fat. Choose 3 servings during pregnancy.
- choose any 3 MILK, CHEESE & YOGURT** Choose Low Fat choices frequently, except for young children. Choose 5 servings for teenagers or if pregnant or breast feeding.
- choose any 4+ FRUIT & VEGETABLES** Choose green leafy vegetables, citrus fruit and fruit juices frequently.
- choose any 6+ BREAD, CEREALS & POTATOES** Choose high fibre cereals and breads frequently. If physical activity is high, up to 12 servings may be necessary.

**DRINK WATER REGULARLY - AT LEAST 8 CUPS OF FLUID PER DAY**

**Folic Acid - An essential ingredient in making a baby. If there is any possibility that you could become pregnant, then you should be taking a folic acid tablet (400 micrograms a day)**

\* For younger children, start with smaller and fewer servings and increase up to the guidelines recommended, according to the child's own growth and appetite.

The eatwell plate highlights the different types of food that make up our diet, and shows the proportions we should eat them in to have a well balanced and healthy diet.

**Please design your lunch to meet the healthy diet rule.**



# DESIGN YOUR OWN LUNCH MENU



## The 3W1D of School Lunch Menu Design

- **W**hat is the food for your school lunch menu?
  - The food for my school lunch menu is \_\_\_\_, \_\_\_\_, \_\_\_\_, and \_\_\_\_\_. (rice, fish, vegetable, egg, fruit)
- **W**hat is the most special food for your school lunch menu? why?
  - I like to eat \_\_\_\_, because it tastes \_\_\_\_\_ (sour, sweet, spicy, bitter)



- **W**rite the name of the food groups



- **D**raw or paste the food of your lunch menu design