

# What is the cost of a healthy lunch?

This resource has been adapted from the LENSscience Student Learning Resources:

[Type 2 Diabetes: An issue for my community](#)

<https://www.lenscience.auckland.ac.nz/en/about/teaching-and-learning-resources/>

There are many complex factors that influence our food choices and therefore our ability to eat a healthy diet. Cost is often highlighted as a key variable/factor. (To support students to think about and discuss complex influences on food choices, see learning resource: “What factors influence our food choices?”)

## ***But does it really cost that much to eat a healthy lunch?***

This activity supports students to think about and discuss the costs (in time or practicality and in money) of making and eating a healthy wrap for lunch.

**Discuss with students:** Cost is an important factor, but it is not the only factor that influences our choices.

## **Teacher instructions:**

Students are asked to bring a gold coin contribution.

Provide fillings for wraps and allow students to make a wrap for lunch.

If desired, print the coloured images (included in this activity) of each food type with costs to hang above the lunch fillings.

Before (or after eating) the students use the worksheet and costs provided to add up the cost of their wrap. How much did it cost? What was the average cost of a wrap in the class? What is the average cost of a similar meal if bought at a shop, e.g. cafe, Subway, Pita Pit etc?

## **Discuss:**

Why don't we make and bring a healthy lunch like this every day?

What might be some complicating factors? Encourage students to look for answers that might not be immediately obvious. For example, although the cost of a single wrap is not much, it is expensive to buy all of the fillings at the outset.

What could we do right now to support each other to prepare and bring a healthy lunch to school? (Work together to plan one week of healthy lunches? Work in groups to design more examples of a healthy lunch that costs no more than \$2? Survey food bought and sold at the school canteen? Support each other on social media—keep a photographic lunch diary and add up costs?)

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# What is the cost of a healthy lunch?

## Menu: Chicken salad wraps

	<u>Estimated cost per serving</u>
Wrap	80 cents each
Mayonnaise	20 cents (enough for wrap)
Sweet Chilli sauce	20 cents (enough for wrap)
Tomato sauce	20 cents (enough for wrap)
Lettuce	30 cents (1 serving)
Chicken	\$1.00 / 50g serving
Tomato	30 cents / 3-4 slices
Cucumber	30 cents / 5-6 slices
Carrot	10 cents (1 serving)
Red onion	15 cents (1 serving)
Capsicum	30 cents (1 serving)
Cheese	50 cents (1 serving)



Food Item	Price
<b>Total</b>	



**Cost per kg: \$4.50**

**Cost per onion: \$0.75**

**Cost per serving: \$0.15**



**Cost per kg: \$9.89**

**Approx. 50 slices per kg or 20 servings**

**Cost per serving: \$.50**



**Cost per lettuce: \$2.50**

**Cost per serving: \$0.30**



**Cost per kg: \$8.99**

**Cost per serving: \$0.30**



**WRAPS: Cost per packet of six: 4.79**

**Cost per serving: \$0.80**



**Cost per jar: \$9.49**

**Cost per serving: \$0.20**





**Cost per kg: \$4.49**

**Cost per serving: \$0.20**



**Cost per kg: \$4.49**

**Cost per serving: \$0.20**



**Cost per kg: \$19.99**

**Cost per serving: \$1.00**



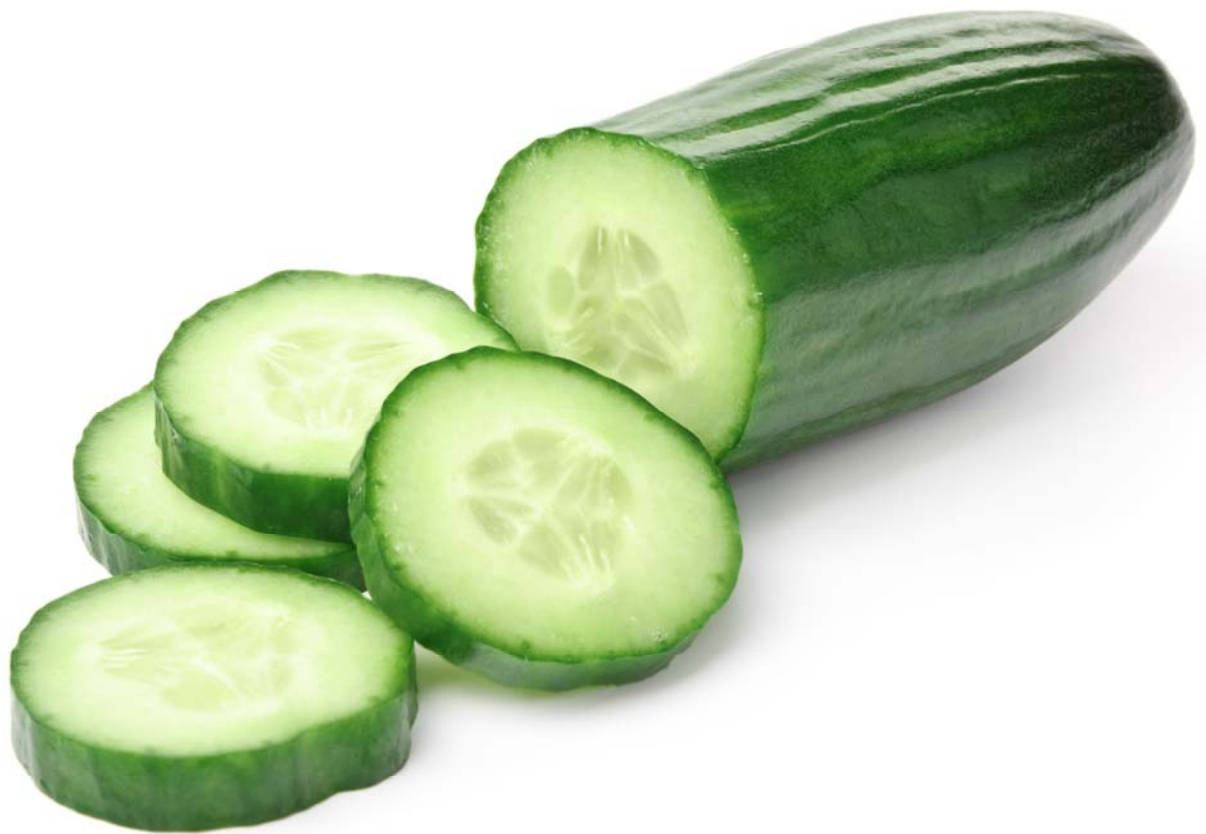
**Cost per kg: \$0.99**

**Cost per serving: \$0.10**



**Cost per capsicum: \$1.89**

**Cost per serving: \$0.30**



**Cost per cucumber: \$1.89**

**Cost per serving: \$0.30**