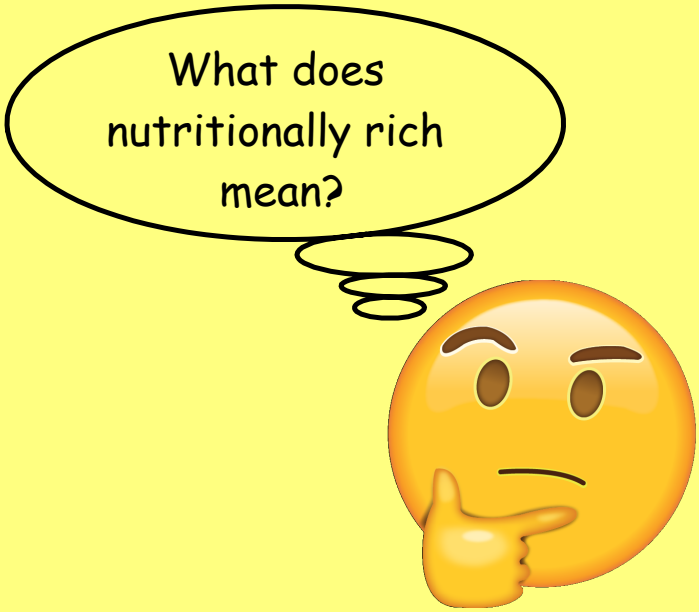
PSHE



LO: To understand the benefits of nutritionally rich foods.


What does nutritionally rich mean?



Ingredients

Wheat Flour, Sugar, Palm Oil, Cocoa Butter, Cocoa Mass, Skimmed **Milk** Powder, Dextrose, Whey Permeate (from **Milk**), Rapeseed Oil, **Milk** Fat, Whey Powder (from **Milk**), Glucose-Fructose Syrup, Molasses, Salt, Emulsifiers (E442, E476), Raising Agents (Sodium Carbonates, Ammonium Carbonates), Flavouring



Ingredients

Cheese Food: **Cheese** (75 %), Skimmed **Milk** (Water, Skimmed **Milk** Powder), Emulsifying Salts (Sodium Citrate, Potassium Citrate), **Milk** Protein, **Butter**, Skimmed **Milk** Powder, Whey Powder (from **Milk**), Vitamin D, Preservative (Sorbic Acid), Acidity Regulator (Citric Acid), Anti-Caking Agent (Sunflower Lecithin), **Wheat** Crackers: **Wheat** Flour (71 %), Palm Oil, **Wheat** Bran, Sugar, **Butter**, Glucose-Fructose Syrup, Raising Agents (Ammonium Carbonate, Sodium Carbonate), Whey Powder (from **Milk**), **Wheat** Germ, Salt, Flavourings (contains **Milk**), Flour Treatment Agent (Sodium **Metabisulphite**), Cooked Formed Chicken: Chicken Breast (88 %), Starch, Acidity Regulators (Potassium Lactate, Sodium Acetate), Salt, Flavour Enhancer (Potassium Chloride), Stabiliser (Polyphosphate), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)



Ingredients

Wholegrain Rice (44%), Maize (with Germ removed), Salt & Vinegar Flavour (Salt, Sugar, Flavourings, Flavour Enhancers (Monosodium Glutamate, Disodium Guanylate), Acid (Citric Acid), Emulsifiers (Potassium Phosphates)), Sunflower Oil

If I wanted a snack for break time, what things could I choose?