**Transition Activity 4: Eating healthily and managing your money**

Parents:

You child’s new school will have a pre-paid system for paying heir for their lunches/snacks. Would your child be a responsible user?

Would it help if you set up a similar system at home for a week for your child to ‘budget’ their snack intake? Is your child able to plan for healthy options?

Children:

You have to get used to the idea that you may have a weekly or daily allowance for purchasing snacks/drinks/food. Why not try it out at home? You could label your snacks and special drinks (either with how much they cost or a point system) and then ask mum or dad to give you a certain amount of points for the week.

On the next pages are a few activities – should you prefer not to rely on a lunchbox.

Eating Healthily / Managing Your Money

**Menu**

**Sandwiches**

BLT: £2.30

Cheese £1.70

Cheese & Salad: £1.80

Chicken & Bacon: £2.30

Chicken Mayonnaise: £2.00

Egg & Cress: £1.50

Ham: £1.70

Ham & Salad: £1.80

Prawn Salad: £2.30

Tuna & Cucumber: £1.90

**Wraps**

Cheese & Salad: £2.20

Chicken Mayonnaise: £2.20

Egg & Cress: £1.80

Ham & Salad: £1.10

Tuna & Cucumber: £2.20

**Baguettes**

BLT: £2.50

Cheese: £2.00

Cheese & Coleslaw: £2.20

Chicken Mayonnaise: £2.20

Egg & Bacon: £2.20

Egg & Cress: £1.80

Ham: £2.00

Ham & Cheese: £2.50

Tuna & Cucumber: £2.20

**Cold Snacks**

Buttered Roll: £0.40

Pasta Pot: £1.60

Rice Pot: £0.80

Salad Pot: £1.80

Side Salad: £1.20

**Hot Lunches/Snacks**

Main Meal: £2.40

Bacon Roll: £1.10

Cheese & Ham Panini: £1.30

Cheese Panini: £1.10

Cheese Puff: £1.10

Sausage in a Roll: £1.20

Sausage Roll: £1.20

Pasty: £1.20

Pasta & Cheese Bake: £1.60

**Jacket Potatoes**

Just Butter: £1.20

Baked Beans: £1.65

Cheese: £1.65

Cheese & Coleslaw: £2.25

Coleslaw: £1.65

**Desserts**

Cake: £0.50

Giant Cookie: £0.90

Flapjack: £0.80

Custard Pot: £0.80

Yoghurt: £0.60

Fruit: £0.40

**Drinks**

Juice: £0.90

Perfectly Clear: £1.00

Capri Sun: £0.70

Water (Large): £0.60

Water (Small): £0.50

Yazoo: £0.90

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| **You have £17.50 to spend each week on food at school. You can divide the money out equally for each day or spend different amounts. Try to make sure you eat healthily and have enough food and drink each day. How will you spend your money?** |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Food/Drink | Cost | Food/Drink | Cost | Food/Drink | Cost | Food/Drink | Cost | Food/Drink | Cost |
|  |  |  |  |  |  |   |  |  |  |
| Total: |  | Total: |  | Total: |  | Total: |  | Total: |  |