

Materials	Available food items, tupperware containers, aluminum foil (optional), toothpicks (optional), access to the internet (optional)
Learning Outcome	Choose healthy foods and create a healthy on-the-go meal.

Description

Bento box meals are very popular in Asian culture and are becoming increasingly popular around the world. Bento means convenient and a bento box is a boxed meal prepared with care. They include a variety of tastes, textures, and food.

A bento box is a great technique to use for school lunches or lunches on-the-go. Provide the child with a tupperware container and invite them to create their own bento box meal. Be sure to wash the food appropriately and support the child with chopping or grating. If needed, create dividers in the tupperware container using aluminum foil or other similar items (e.g., silicone baking cups, etc.).

Gather various healthy foods such as vegetables, fruits (fresh or dried), nuts, meats, whole grains (breads, pitas), cheese, hard boiled eggs, rice, etc. Ask the child to get creative and prepare their bento box.

Consider using toothpicks and cutting the food to make designs - bento boxes are also about presentation! Search the internet for ideas on how to cut and assemble the food if needed.

Remind the child to consider different tastes and textures as they create the meal. Have an indoor or outdoor picnic at your house to enjoy the bento box!

Healthy Eating Competencies



THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *What did you do to make sure your bento box had a variety of tastes and textures?*
- *What made your bento box fun to eat?*