**SCRIPT**

**A Lunchbox Full of Power**

Today we continue our lesson about “superheroes” in the world of food. In the previous lesson, you had the opportunity to learn about very healthy products like flaxseed, cranberries, millet, and walnuts. Today you will learn about a few more products that are worth incorporating into your daily diet.

1. **Aronia** is considered one of the most valuable plants in the world, which strongly protects our bodies from dangerous diseases. It is also useful during a cold, as you can make a juice from it and add it to a linden flower infusion. Aronia takes care of our hearts and lowers blood pressure. We can consume it as juice, tea, or preserves. Aronia has a very specific sour taste. Have you ever had a chance to try it?
2. **Beetroot** is a vegetable that needs no introduction. It is a popular, easily accessible root vegetable in Poland that, despite its numerous valuable properties, is inexpensive! Besides being good for boosting immunity, taking care of the heart, skin, and intestines, beetroots are a valuable natural “boost” for athletes. Drinking a glass of beet juice half an hour before training increases our endurance, allowing us to exercise longer and more intensively. However, people with urinary system diseases should be cautious, and as always, moderation is recommended for everyone.
3. **Pickles!** Pickling is one of the oldest methods of preserving food, making it last longer. Everyone can name at least two pickled products. Can you? The most popular pickles in Poland are pickled cucumbers and sauerkraut! But did you know that almost everything can be pickled? Fruits are also great for pickling. As a homework assignment, you can prepare pickled carrots with zucchini, pickled garlic, or a mixed vegetable pickle! Sounds interesting, right? Be sure to ask someone at home for help (worksheet available for download).

**Why do we value pickled products so much?** Pickles have very beneficial effects on our health:

* + They strengthen our immunity
  + They support intestinal function and prevent constipation
  + They are a source of many vitamins and minerals

Did you know that pickles also improve appetite? They are great after an illness when we are weak and have no desire for anything.

Speaking of appetite. Sometimes in the morning, we don't feel like eating much. If you really feel that breakfast is not the first thing you need after waking up and you're in a hurry to school, it's definitely worth planning a meal to take with you! Today, we have many possibilities - there are many ideas for a colorful and tasty lunchbox! Even though the most common school lunch is just a set of sandwiches, no one said that the meals taken to school can't be better!

From the lesson on superfoods, you know that even a small amount added to the daily menu makes our food very healthy! Let's compare classic breakfast sets with those that will be a turbo boost for every student!

| **Regular Option** | **Turbocharged Option** |
| --- | --- |
| Fruit yogurt | Natural yogurt with oats, fresh raspberries/strawberries/blueberries, a spoonful of walnuts, and a bit of flaxseed. You can also add some dried fruit. |
| Mixed fruit drink | Freshly squeezed juice from apple, pear, and beet with powdered aronia. |
| Sandwich with white bread (e.g., Kaiser roll) with butter and ham or cheese | Seed and nut-based bread sandwich with arugula, sunflower and lentil paste with olive oil, and red pepper. |
| Chocolate cream wafer | Pancake with peanut butter and fruits, topped with walnut pieces. |
| Plain ham sandwich | Whole-grain tortilla with shredded chicken, lettuce, red onion, corn, and slices of boiled/baked beet. |
| Egg sandwich | Egg muffins with spinach. |
| Sweet yogurt drink | Apple and peach smoothie with poppy seeds. |
| Sandwich with store-bought chocolate spread | Toast with homemade chocolate spread made from hazelnuts and dark cocoa sweetened with dates. |

**What do you think about the improved version of the takeaway meals?**

Now complete the task. Create an art project – use your imagination and compose such a LUNCHBOX for yourself. Try to follow these guidelines:

1. Make the meal as colorful as possible.
2. Make it something you would happily eat during the day at school.
3. Include different food groups – remember the recommendations of the Health Plate.
4. Include at least one superfood ingredient.
5. Present your box to your parents and tell them about your project. Maybe you will prepare a trial version of such a lunchbox together?

This is not the end of culinary activities! As a homework assignment, prepare a chosen pickle! Ask your parents for help and conduct a family tasting when the vegetables are pickled!