

### Individual case: Packed lunch contents of a 10 year old boy.

The data collected from children having hot dinners and packed lunches were intended to be used to provide average intakes within the groups. During this research project 72 children's lunch boxes were analysed to provide the average nutrient intakes. Below are the details of one boy's packed lunch which was assessed as part of the research, but which was not included in the average analysis to prevent the data from being skewed.

#### *Chocolate lunch box*

On the first day of packed lunch assessment in school B the lunch box as seen in figure 10 was presented to the researcher. This lunch box contained 11 chocolate bars and a dilute fruit flavoured drink. This child's lunch box was assessed for only one day, but the researcher was informed that this was a typical packed lunch for this child. Table 6 presents a nutritional analysis of this lunch.

**Figure 10: Packed Lunch contents of a 10 year old boy**



**Table 6: Nutritional analysis of this packed lunch**

	<b>Recommended lunch</b>	<b>Lunch box</b>	<b>Recommended daily amounts</b>
<b>Energy (kcal)</b>	557	<b><u>1044</u></b>	1485
<b>Fat (g)</b>	$\leq 21.7$	<b><u>45.9</u></b>	$\leq 57.6$
<b>Saturated fat (g)</b>	$\leq 6.8$	<b><u>25.3</u></b>	$\leq 18.1$
<b>Carbohydrate (g)</b>	$\geq 74.3$	155.7	$\geq 198$
<b>NME Sugars (g)</b>	$\leq 16.3$	<b><u>124.9</u></b>	$\leq 43.5$

Results outside the CWT recommended guidelines are highlighted in red and underlined

This is an extreme case of what some children may have in their packed lunch. Only 72 children's lunch boxes were assessed to reveal a child with this lunch. The nutritional analysis reveals that this lunch provided nearly twice the lunch time energy requirement. The sugar content is nearly eight times the recommended lunch time guidelines and more than twice the recommended maximum amount for a whole day. The fat content of this lunch is over twice the recommended amount and saturated fat content is more than three times the lunch time guideline and exceeds the total daily recommended maximum amounts.

The estimated cost of the contents of this lunch box is £2.31.

Further investigations of this boy's general eating habits were carried out in order to put these findings into context. Enquiries with the class teacher and other pupils revealed that this, allegedly, was a true reflection of this boy's normal lunch time intake. Further investigations were conducted to ascertain details of his eating patterns outside of school. This boy had taken part in a university questionnaire about eating habits, as part of the overall evaluation of the EWDW initiative, this questionnaire was not part of the current methodology but was consulted to obtain details about this boy's food choices. It was found that he stated in the questionnaire that he had a cooked breakfast everyday and had never tried a school meal. In the questionnaire he stated that he ate white bread and never wholemeal, never ate fruit or vegetables on a weekend and ate a burger from the takeaway every evening for his evening meal. These eating habits would result in the boy far exceeding the daily recommended intake of energy, fat and saturated fat. Interestingly this boy was described as being of comparable weight and height to the rest of his peers and no behavioural problems were reported.