

Video Observations

Video Link	Observations + Findings
<p><i>Lunchbox challenge Australia</i> https://www.youtube.com/watch?v=J4mn56SwM_U</p>	<ul style="list-style-type: none"> - This video consisted of a social experiment with a school, where 12 children were asked to choose the contents of their lunchbox from a range of healthy and unhealthy options. - Most children selected unhealthy treats for their lunchbox. - The video discussed the rising rate of unhealthy eating habits amongst school children. - One child's lunchbox had a soft drink, blue drink, sugary muesli bar and a roll-up. - Another child's lunchbox had yoghurt, a biscuit, some grapes, a sandwich, fruit and cheese and a drink. - Another child had selected a packet of chips, stating: "I like the taste but I know it's not healthy"
<p><i>School lunch ideas Aussie edition realistic lunch options for school kids</i> https://www.youtube.com/watch?v=ho0IZCxFPY0</p>	<ul style="list-style-type: none"> - Primary school parent showcasing what she puts in her childrens' lunchboxes. - She discusses how her children are somewhat picky - and especially avoid fruit and dairy items at times. - The lunchboxes had mostly packaged foods - yoghurt, ham sandwich, muffins, crackers, deli meats. - One of the lunchboxes had no fruits or vegetables at all. - The parent discussed how their child does not like fruit as the fruit turns brown when taken to school.
<p><i>Nutritionists urging parents to pack healthy lunchboxes for their school kids 7NEWS</i> https://www.youtube.com/watch?v=pOWeikCW-tE</p>	<ul style="list-style-type: none"> - Nutritionist urging Australian school parents to make more conscious healthy eating choices, particularly for school lunchboxes - Nutritional value of current lunchboxes is very poor - Health eating can improve student behaviour and mood - A range of healthy lunchbox options were showcased
<p><i>Healthy Lunch Box Challenge</i> https://www.youtube.com/watch?v=PRWDYPJwaGY</p>	<ul style="list-style-type: none"> - This informational video by a nutritionist showcased the importance of healthy eating for kids and discussed the rise of unhealthy eating for school lunchboxes. - Eat the Rainbow was discussed, highlighting

	<p>the importance of fruits and vegetables.</p> <ul style="list-style-type: none"> - Key food groups to include in a lunchbox were discussed, including: Fruits, Vegetables, Grains, Protein and Dairy.
<p><i>WHAT'S IN MY LUNCHBOX? BACK TO SCHOOL! *what I eat in a day at school*</i></p> <p>https://www.youtube.com/watch?v=0XuW7NDbM9g</p>	<ul style="list-style-type: none"> - High school student sharing what she eats during the school day and some examples of lunchboxes she takes to school for the week - A range of healthy and unhealthy foods were selected - This included leftover meals from the night before - Two fruits were packed for the first school day, alongside rice crackers, banana bread, flavoured yoghurt - The second school day had a sandwich, carrots and dip, yoghurt and crisps. Overall, the lunchboxes were relatively healthy.
<p><i>Healthy Snacks & Lunchbox Challenge</i></p> <p>https://www.youtube.com/watch?v=U7U5lotu04A</p>	<ul style="list-style-type: none"> - A healthy lunchbox challenge was conducted in a campsite location, where children were asked to pick healthy snacks items for their lunchbox. - Several practice trials were showcased. Most lunchboxes had a piece of fruit, most commonly a banana or mandarin, but only a few had vegetables such as sliced carrots. Packaged chips were the most common unhealthy snack.
<p><i>Overview of the Australian Guide to Healthy Eating</i></p> <p>https://www.youtube.com/watch?v=QKWa3bRa4aM</p>	<ul style="list-style-type: none"> - This video showcased an Australian dietician summarising the five food groups for Australian eating. - The five food groups include: Fruits, Vegetables/Legumes/Beans, Milk/Yoghurt/Cheese and Alternatives, Lean Meats and Poultry/Fish/Eggs and Alternatives, Grain Foods. Other food types include the "Only Sometimes and In Small Amounts" - which include sweets, oils, packaged and sugary foods and drinks.