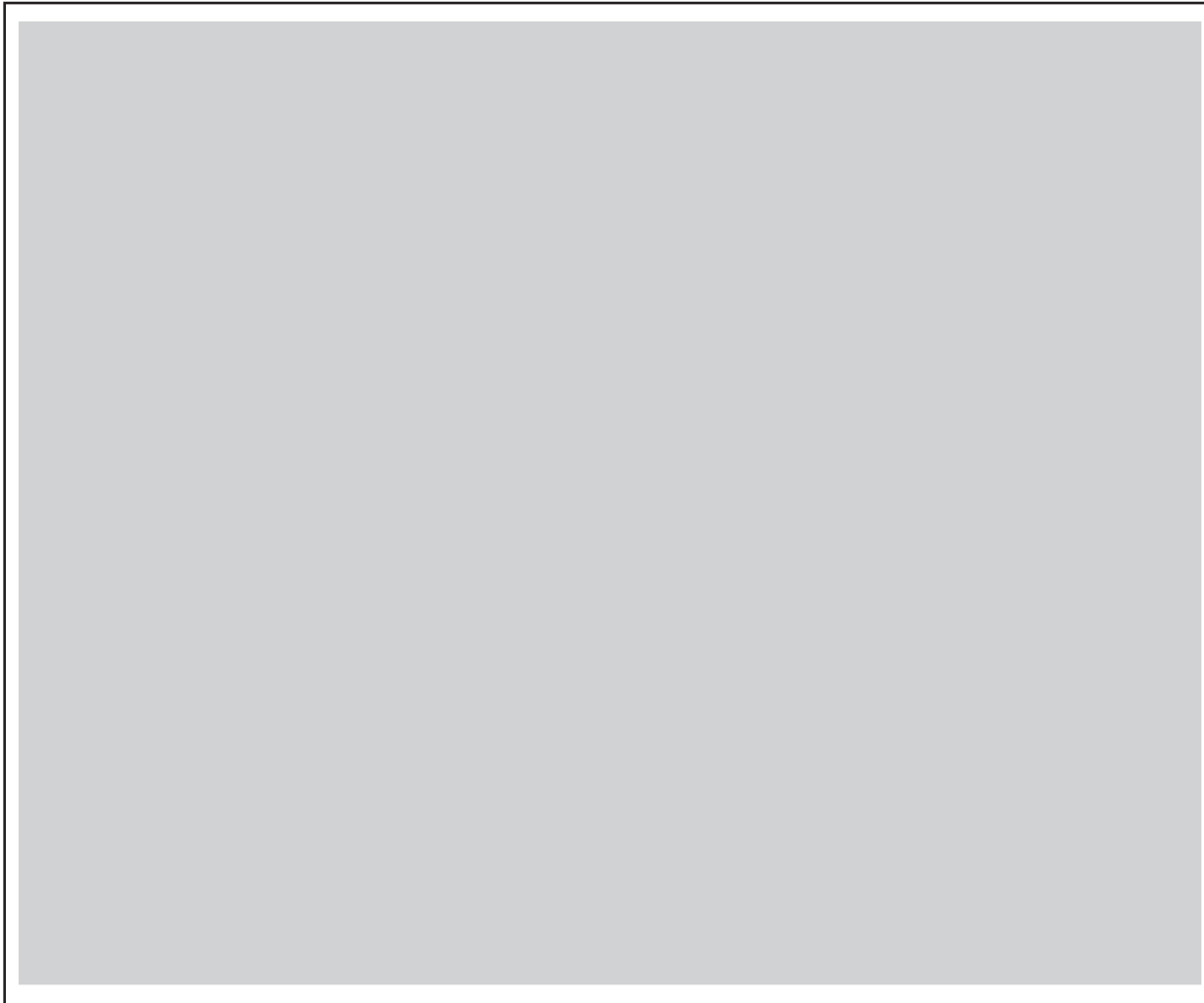


Create Your Own Rations



Write, draw or glue pictures of the items you would choose for your ration pack into the box. Alternatively, find a box of your own and fill it with items from your kitchen!

Do you take a packed lunch to school? That is a bit like a ration pack! Help to make up your packed lunch and calculate the calories you need to give you the energy you require to finish the school day.

Look at what you eat in one day and calculate the energy in calories. Do you eat enough to give you the energy you need? What other things should you consider when planning meals to make sure your diet is healthy?

Tweet us pictures of your finished ration activities! @SCOTSmuseum

