



Let's swap* ...

Lunch boxes!

Each month, CROWN asks two teens to swap* something with each other! This time, they swap lunch boxes. Do they like – or hate – the other person's food?

Annabel

Before The Swap

What do you usually eat for lunch?

I usually have salad with couscous, quinoa or pasta. I rarely have a sandwich because I don't like sliced bread*. I don't like unhealthy things, such as crisps and biscuits. I occasionally have chocolate.

Is there anything you hope ISN'T in the new lunch box?

Meat! I'm vegetarian! But I hope there is some chocolate!

During The Swap

Open the lunch box!

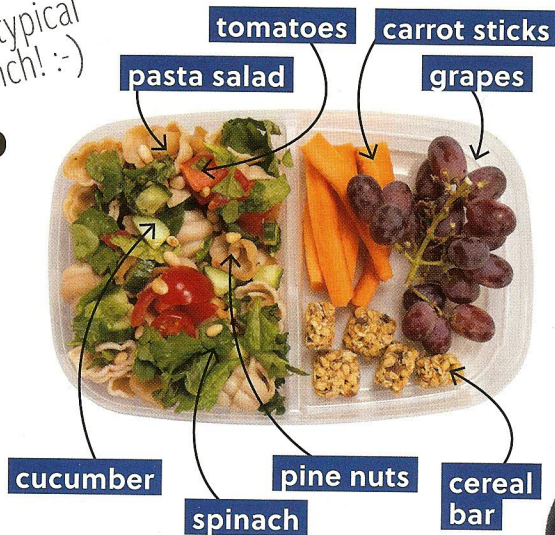
Oh! It's dry. I'm happy there's an apple in there! I need SOMETHING juicy*!

YUCK!



These sandwiches are sweet!
:P

My typical lunch! :-)



What do you think of your new lunch?

I don't want the crisps – but I can give them to my friends. But there is chocolate! What's in this sandwich? Jam?! I like jam but I can't eat much because it's too sweet and I don't like the bread.

After The Swap

How do you feel now?

Hungry. When I arrive home, I need to eat!

Imagine you have this lunch box forever*!

How do you feel?

Not happy at all. It's boring and unhealthy!

Do you want to change anything about your own* lunch box now?

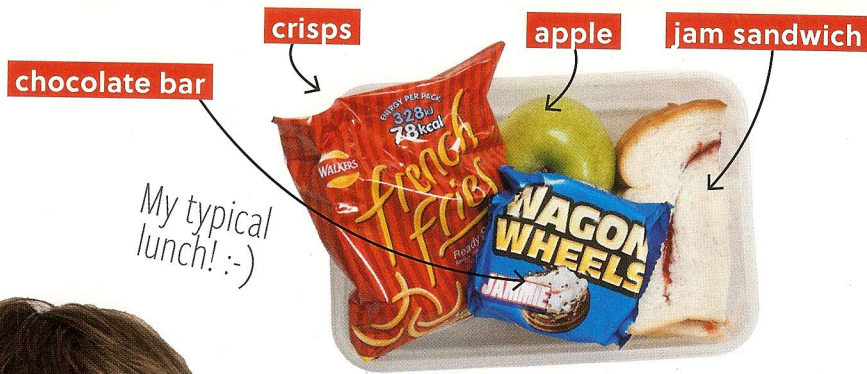
No! But I'm really happy that Jonathan wants to eat healthy food now!



ANNABEL

Age: 13
Nickname: Belle
Loves to eat:
Macaroni cheese with sweetcorn
Hates to eat:
Crisps

* 'Swapsies' is a game kids play where they swap trading cards, marbles or stickers



Jonathan

Before The Swap

What do you usually eat for lunch?

I'm a fussy eater*! I usually have the same lunch, but sometimes I have chocolate spread in my sandwich. I know the apple is the only healthy thing, but I don't like other fruit or any vegetables.

Is there anything you hope ISN'T in the lunch box?

I hope there isn't any couscous or green salad! I can't eat those!

During The Swap

Open the lunch box!

Well ... it's different! I like pasta, but what are these small things? Are they chickpeas*?

What do you think of your new lunch?

The pasta is tasty! And I like the cereal bars because they're sweet. I don't like the carrots! I miss* my crisps!

It's healthy! And tasty! :-)

YUM!



After The Swap

How do you feel?

Full! I have more energy. I usually feel tired in the afternoon.

Imagine you have this lunch box forever! How do you feel?

Fine, actually! I don't mind.

Do you want to change anything about your own lunch box now?

Yes, I'm asking my mum to sometimes put pasta in my lunch box, and swap the chocolate bar for the cereal bar. But I don't want to change the crisps for carrot sticks!

YOU!

Which lunch box do YOU prefer?

Annabel's Jonathan's

Why?

MAKE A LUNCH BOX!

What is YOUR perfect lunch? Choose one thing or write your own:

CHOOSE ...

... your bread

brown

white

... YOUR FILLING

cheese ham egg

tuna jam

chocolate spread chicken

... YOUR SNACK

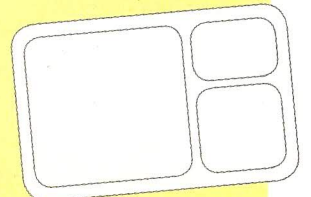
crisps nuts carrot sticks

chocolate bar cereal bar

... SOME FRUIT

apple orange banana

grapes



JONATHAN

Age: 13

Nickname: Easty

Loves to eat: Roast chicken

Hates to eat: Couscous

*** WORDWISE**

English	French	Italian	German	Dutch	Spanish
to swap	échanger	scambiare	tauschen	ruilen	intercambiar
sliced bread	pain de mie	pane affettato	Brot in Scheiben	voorverpakt gesneden brood	el pan de molde
juicy	juteux	sugoso	saftig	sappig	jugoso
forever	pour toujours	per sempre	für immer	voor altijd	para siempre
own	à moi	proprio	eigene	eigen	propio
fussy eater	difficile	schizzinoso	wählerischer Esser	moeilijke eter	tiquismiquis
chickpea	pois chiche	cece	Kichererbse	kikkererwt	el garbanzo
to miss	manquer	sentire la mancanza	vermissen	missen	echar de menos

6 LISTEN Track 3:
A lunch box swap!
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WATCH
A lunch box swap!
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