

What's in your lunchbox ???

Choose foods from each group to pack in your lunchbox

Keep you healthy

At least 2 portions

Salad
Fresh Fruit
Dried Fruit
Vegetable Sticks –
Carrots, cucumber,
celery, peppers
Cherry Tomatoes
Fruit Salad
Frozen Fruit
Tinned Fruit in
Natural Juice

Help you grow

1 small portion

Cold cooked meat
or poultry
Tinned fish
Hard boiled eggs
Humous
Fish pâté
Lentil pâté
Lentils
Chickpeas
Beans

Look after your teeth and bones

1 small portion

Grated cheese or
cheese spread
Low calorie
yoghurt
Low calorie
custard
Low calorie rice
pudding

Fill you up

1 big portion

Bread
Rolls
Pitta
Pasta
Potato
Couscous
Rice
Wraps

Quench your thirst

1 drink

Water
Skimmed or Semi-
skimmed milk
Pure fruit juice
Fruit smoothie

Occasionally, you could add:- a scone, a crumpet, a fruit bun, thin slices of fruit loaf, homemade plain popcorn.

