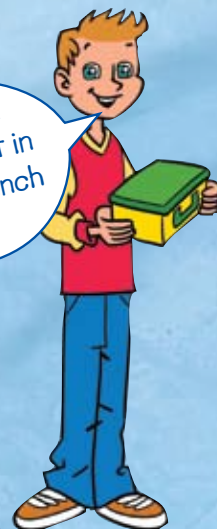


# Make a healthy lunch box

Let's learn what to put in a healthy lunch box.



## Snacks

Choose one item from each of the mains, snacks and drinks to make a healthy packed lunch.

Use the page below to plan your packed lunches for a week.



Low-fat cream cheese on a wholegrain cracker, with grapes



Carrot, pepper and cucumber sticks



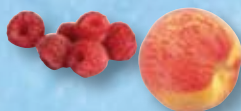
Low-fat yoghurt

**Top snacks tip!**  
Avoid snacks that are high in salt, like crisps and salted nuts. Instead try dried fruits or vegetable sticks.

**Top mains tip!**  
Try to have a different lunch each day. This will help your body take in the different nutrients in different foods.



Low-fat fruit scone with berries



Two portions of fruit



Wholegrain pasta salad with tuna, butter beans, cherry tomatoes, sweetcorn and spring onions



Cous cous with roasted vegetables

## Drinks



Water



Orange juice



Semi-skimmed milk



Fruit smoothie

**Top drinks tip!**  
Milk is a source of calcium, which is good for our bones. Make sure you keep milk in a fridge.

## Mains



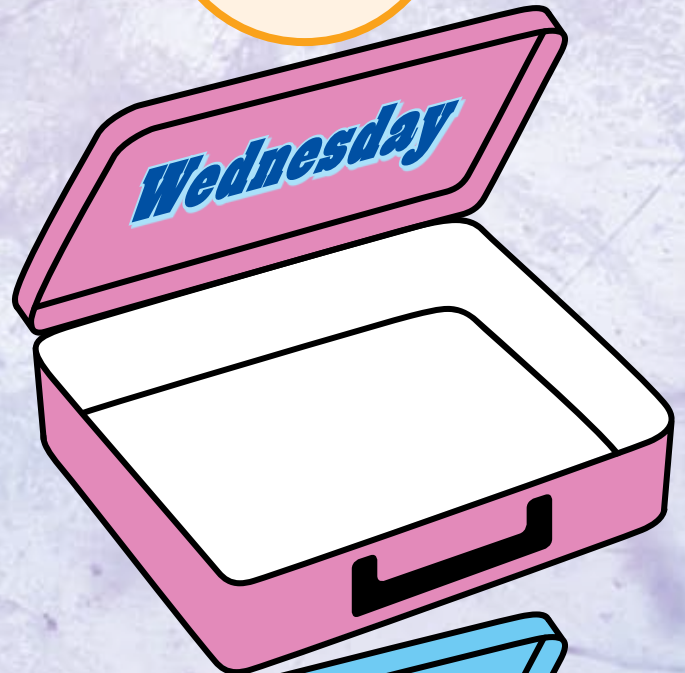
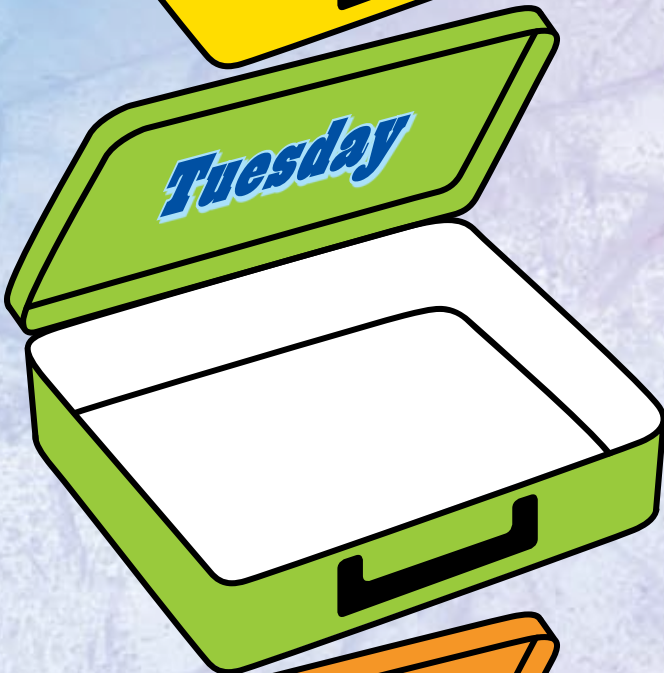
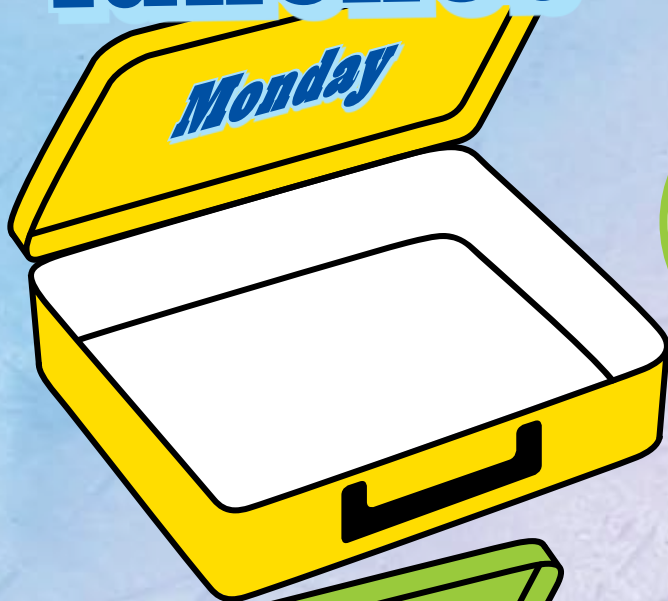
Wholegrain wrap with chicken, cucumber, tomato and lettuce



Wholegrain bread sandwich with houmous and grated carrot

# My packed lunches

Use this page to plan your packed lunches for a week. Look at the page before and choose one main, one snack and one drink for each lunch box. Or, follow our top tips and make up your own healthy lunch!



**Top snacks tip!**  
Avoid snacks that are high in sugar or fat, like crisps, chocolate or fried food. Try to snack on fruits and vegetables.

**Top drinks tip!**  
We shouldn't drink too many sugary drinks because they are bad for our teeth. Water is a healthy choice.

**Top mains tip!**  
Brown bread, pasta and rice are better for you than white. They have more fibre in them, which helps you go to the toilet.