



# Healthy Lunchboxes

**Presented by  
School Council  
North Road Primary School**



# HOW TO MAKE A HEALTHY LUNCH BOX

LUNCH



Box

# Healthy Lunch Box

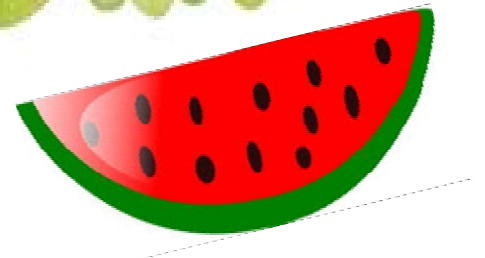
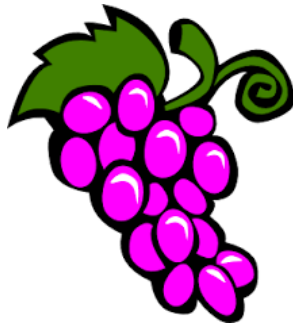
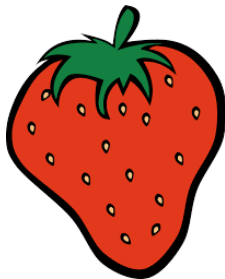


In order to have a healthy lunch box, you need at least 5 food groups and the ones you need are:

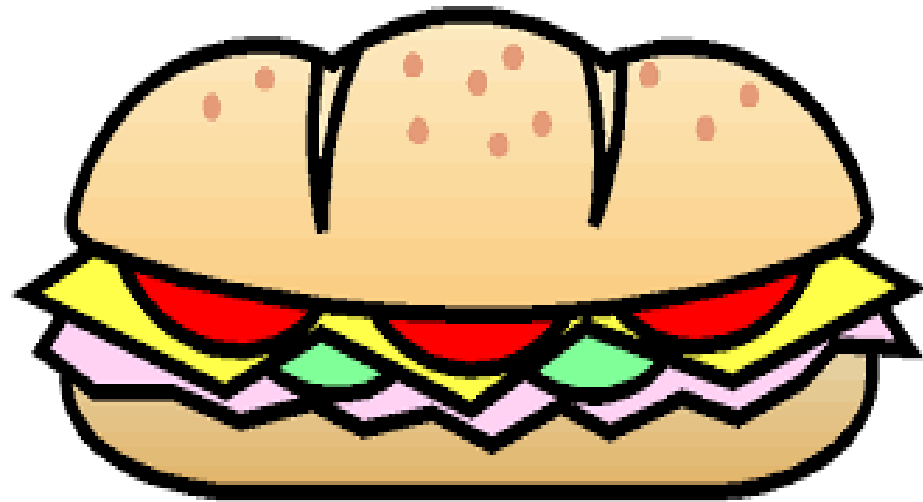
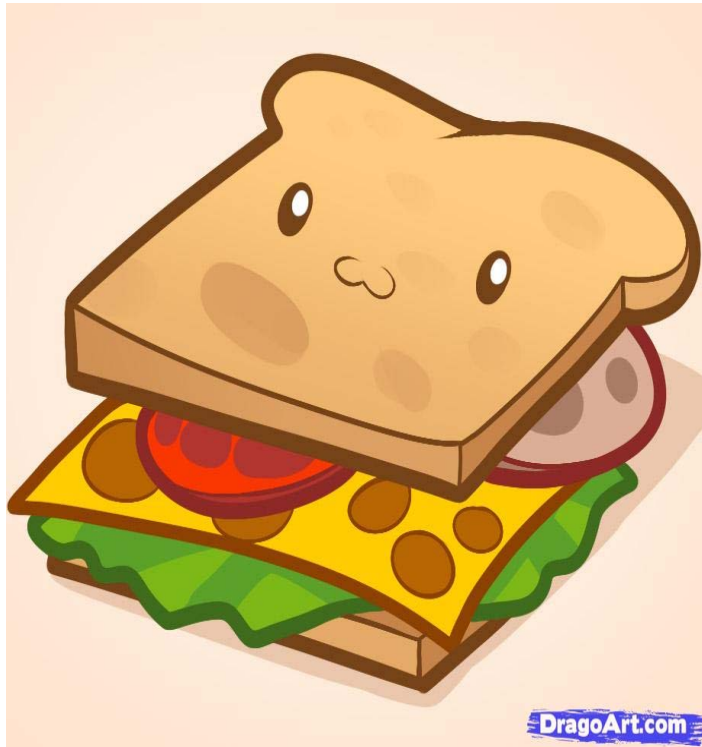
- ✓ Fruit and veg,
- ✓ Bread, cereals and potatoes,
- ✓ Meat, fish and alternatives
- ✓ Milk and dairy food,
- ✓ And a little bit of fat or sugar.

A healthy lunch box is a really good thing to have. In your lunch box you could have...

Why not start with a piece of fruit?



What about  
sandwiches?



Or some vegetables.

Here are some examples:

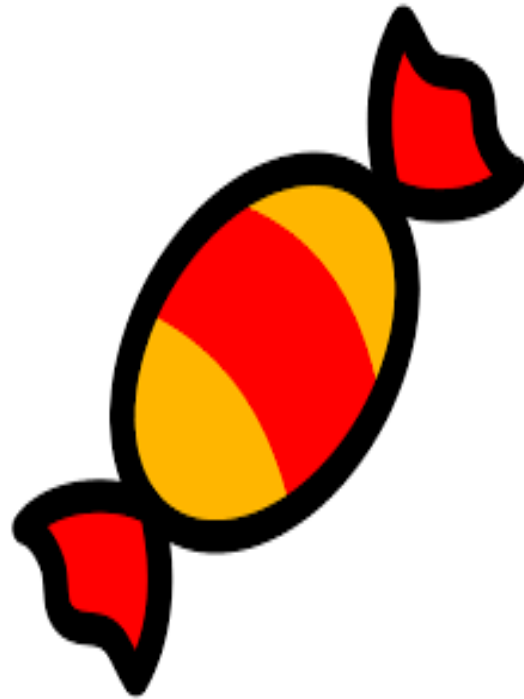


- ✓ Carrot sticks,
- ✓ Sliced Pepper,
- ✓ Cucumber sticks,
- ✓ Cherry Tomatoes,
- ✓ Celery sticks,
- ✓ Sliced Mushroom,

You could have a little packet  
of crisps



Maybe a little  
treat?



(But remember, no sweets!)



You shouldn't really have much  
unhealthy things like...



Chocolate isn't  
good for you!

# Fluids

Fanta, tango and cola can be really nice but they aren't good for you. For a healthy lunch box, you should pack water, but juice isn't too bad if you water it down. Absolutely don't pack fizzy drinks!!!



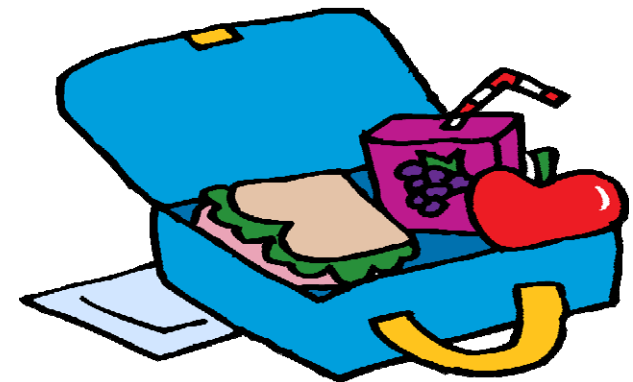
# What To Have In A Lunchbox

- *A sandwich, roll or wrap, etc.*
- *Some vegetables, etc.*
- *A piece of fruit, etc.*
- *A small desert, or yoghurt, etc.*
- *Some type of crisp, etc.*



# So Remember...

- You should only have a little bit of sugar in your lunch box or you can get hyper!!!!
- You shouldn't have a lot fat in your lunchbox because you will become fat if you have too much
- Have at least one or two bits of fruit or vegetables in your lunch box
- Do not have coke and lemonade, you need water
- Occasionally, you could have a fruity drink in your lunchbox

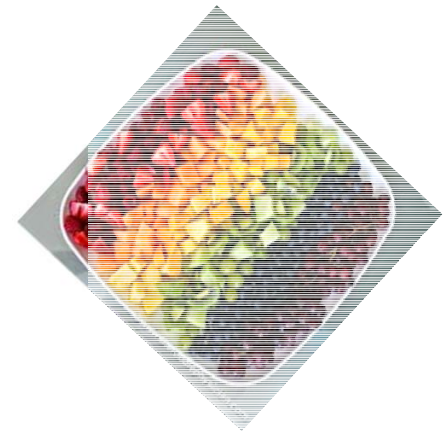


# Do you want a sticker?

If your child is having a packed lunch, they can earn a sticker from the lunch crew by showing they have lots of fruit or veg, also some bread or potatoes, a small amount of meat, fish or dairy foods, and then a smaller amount of fat and sugar.



**Healthy  
Snacks!!**



# Healthy lunches



We hope you enjoyed our presentation and took some of these ideas for your own

# The End!

