

Healthy Lunchbox Ideas

Why is lunch important?

1.

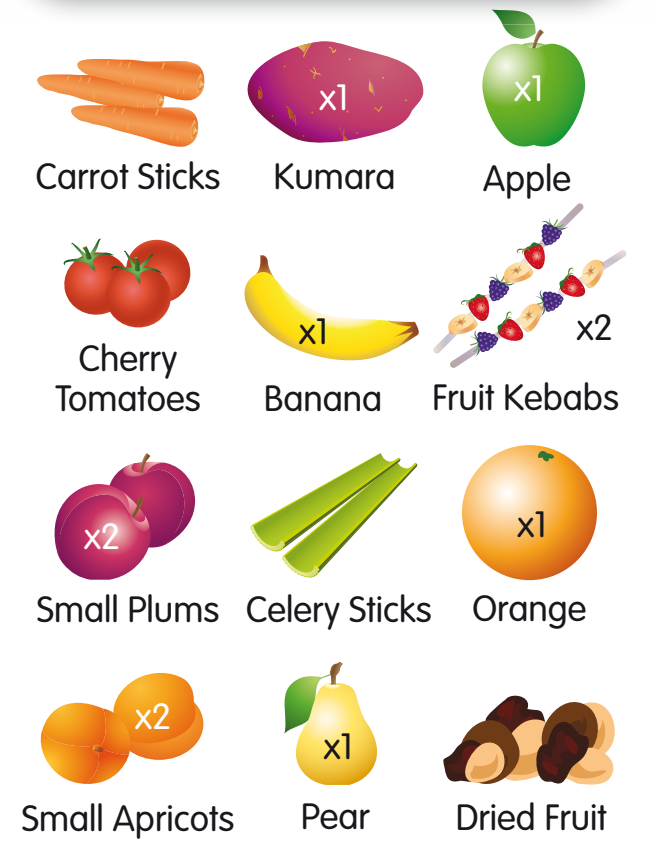
2.

3.

Breads and Cereals



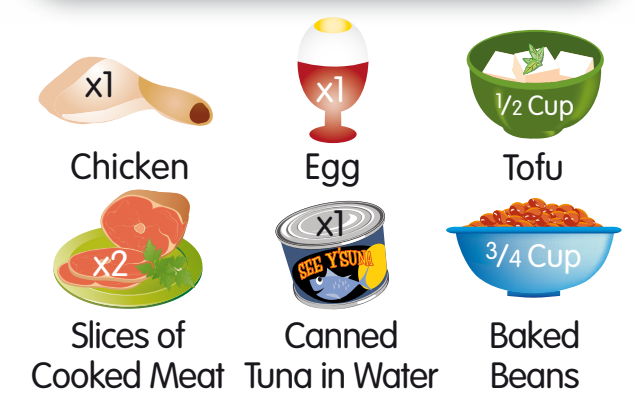
Fruit and Vegetables



Milk and Milk Products



Meat & Meat Alternatives



Time to Pack!

Using the lunch box ideas on the top of this page, draw and label your own lunch in the lunch box. Remember to include at least one item from each food group!



Healthy Breakfast Ideas



Why is breakfast important?

1.

2.

3.

Breads and Cereals



Porridge



Weetbix



Cooked Rice



Cabin Bread



Muesli



2 Slices of Toast
with Toppings



Roti



Canned Spaghetti

Fruit and Vegetables



Fruit Salad



Kiwifruit



Tinned Peaches



Avocado



Banana



Pear



Apple



Tomato

Milk and Milk Products



Yoghurt



Fruit Smoothie



Milk



Grated Cheese

Meat & Meat Alternatives



Baked Beans



Leftovers



Egg



Mince

What makes up a healthy breakfast?

On your tray draw a healthy breakfast. Remember to include at least one item from each food group.

