



HEALTHY LUNCHBOX BUILDER



Eating healthy foods gives me energy to learn, play and grow!

1 BUILD A HEALTHY LUNCHBOX

Choose one or more food from each group to build a healthy lunchbox.

 **FRUIT** Choose fruit I will enjoy.

 **VEGETABLES** Choose a vegetable to add crunch and colour.

 **PROTEIN** Choose a protein to help me grow strong.










 **DRINK** Choose a drink to keep me hydrated.


 **SNACK** Choose a healthy snack for energy.



2 EVERYDAY OR SOMETIMES FOODS?

Circle the foods that are everyday (eat lots) and cross the foods that are sometimes (eat occasionally).

 Apple	 Carrot Sticks	 Yoghurt	 Sandwich	 Chips	 Cheese	 Water	 Chocolate	 Soft Drink
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 **EVERYDAY FOODS**
Eat lots – they give my body energy and nutrients.

 **SOMETIMES FOODS**
Eat sometimes – small amounts are okay.

3 MY HEALTHY LUNCH IDEA

Draw or write what you would pack in your healthy lunchbox.



A large dashed-line rectangular box for drawing or writing a lunch idea.

 **GOOD TO REMEMBER:**

- Eat a rainbow of foods
- Drink water
- Listen to your body

★ Small choices today, healthy habits for life! ♥