

A healthy lunchbox

'Eating Well' means having plenty of fruit and vegetables, foods like bread, cereals and potatoes, moderate amounts of meat and dairy foods and small amounts of fatty and sugary foods

A healthy packed lunch should contain:

- ✓ a drink
- ✓ a carbohydrate food, such as bread, potatoes, rice, pasta or noodles
- ✓ fruit and vegetables - try to include two to three different fruits and vegetables each day
- ✓ a protein food such as chicken, turkey, fish, ham, egg, cheese or hummus
- ✓ a dairy food, such as milk, yoghurt, cheese or fromage frais
- ✓ fatty or sugary foods can be included every now and again as a treat, but should not be given every day



Try to have as much variety as you can but most of all, enjoy the food you eat!

Remember

There are no good or bad foods - all foods can be part of a good diet. It's about getting the right balance and variety of foods





I spy with my star gazer eye

A small black hole



Pure fruit smoothie
apple
blackberry



Non-dairy protein foods like cucumber help us grow and stay healthy and are also a good source of iron



Ice pack



Children's tips

Do: Keep your lunchbox in a cool place in school





Ice pack



Children's tips

Do: Wash your hands before you eat



0% fat

Water and milk are the best drinks to have because they aren't harmful to our teeth





Ice pack

great Stuff
1 of your 5 a day
apple & grape
snack pack

Children's tips
Do: Remind your parent or carer to wrap food items well

Including different coloured fruit and vegetables will not only make your lunch look good, but it will also give your body lots of the vitamins and minerals it needs to stay healthy

KIDS' BLEND
APPLE & PEAR
PRESSED FRUIT
SHAKEN UP WITH WATER
NOT FROM CONCENTRATE
NO ADDED SUGAR
PRESSED APPLES AND PEARS
BLENDED WITH WATER



ICE PACK
DO NOT REUSE
DO NOT OPEN
DO NOT TOUCH
DO NOT DRINK
DO NOT EAT
DO NOT SMELL
DO NOT TASTE
DO NOT BREATHE
DO NOT INHALE
DO NOT EXHALE
DO NOT SPEAK
DO NOT SING
DO NOT DANCE
DO NOT MOVE
DO NOT STOP
DO NOT START
DO NOT END
DO NOT BEGIN
DO NOT FINISH
DO NOT CONTINUE
DO NOT INTERRUPT
DO NOT DISTURB
DO NOT MESS UP
DO NOT MAKE A MESS
DO NOT BE A DRINK

Carbohydrate foods are the main source of energy for our bodies and help to fill us up. Why not try some different types of bread, such as pitta bread or bagels?



Ice pack



Children's tips

Don't: Let others play with or eat your food. Your food might make another pupil ill - for example, nut or milk allergy





Ice pack

Dairy foods contain calcium, which helps us grow and helps our bones and teeth stay healthy



Children's tips

Do: Remind your parent or carer to include a frozen ice pack



INGREDIENTS: Fromage Frais, Water, Sugar, Strawberry Purée 15.5L, Corn Flour, Natural Flavourings, Beetroot Juice Concentrate, Contains Milk

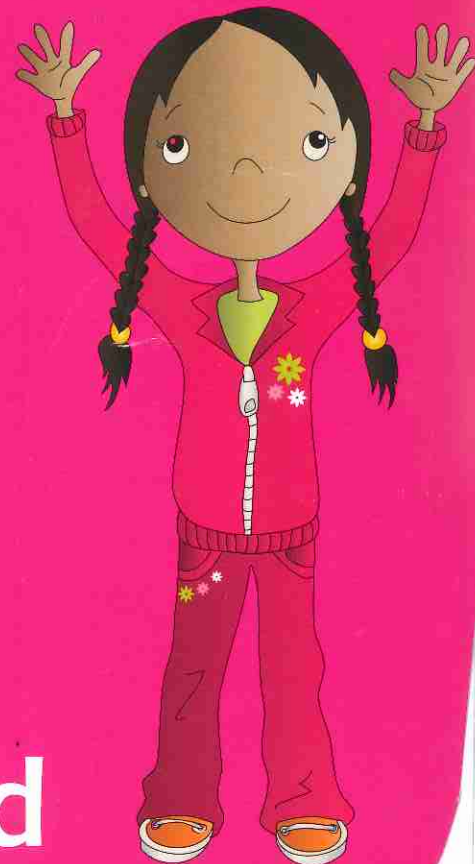
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Salford City Council

If you would like any additional healthy eating information or support, please contact us at:

-  Salford Health Improvement Service
Salford City Council
Salford Civic Centre
Chorley Road
Swinton
M27 5BY
-  0800 952 1000
-  health.improvement@salford.gov.uk
-  Facebook: www.facebook.com/HealthImprovement.Service
-  Twitter: @HealthySalford



Eat good feel good