

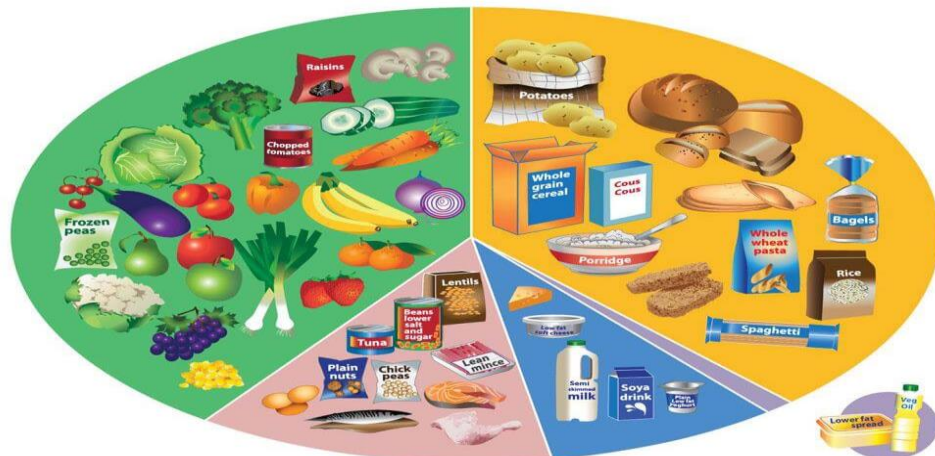
HEALTHY PACKED LUNCH

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HEALTHY BODY AND MIND



Eat the Rainbow!!



Eatwell Guide



A Healthy Packed Lunch gives us:

Food group

- ❖ Carbohydrates
- ❖ Protein
- ❖ Fruit and veg
- ❖ Dairy products
- ❖ Drink

Benefits

Provides energy for the body

Repairs your body

Gives your body vitamins and minerals

Make bones stronger (calcium)

Keeps us hydrated

Food

Pasta, bread, 'Thins', wraps ,rice (preferably brown for fibre) and potatoes

Chicken, ham, beans, hummus ,fish e.g.tuna, and eggs

Tangerines, grapes, celery sticks, peppers, carrot sticks, chopped up fruit (different colours provide different vitamins)

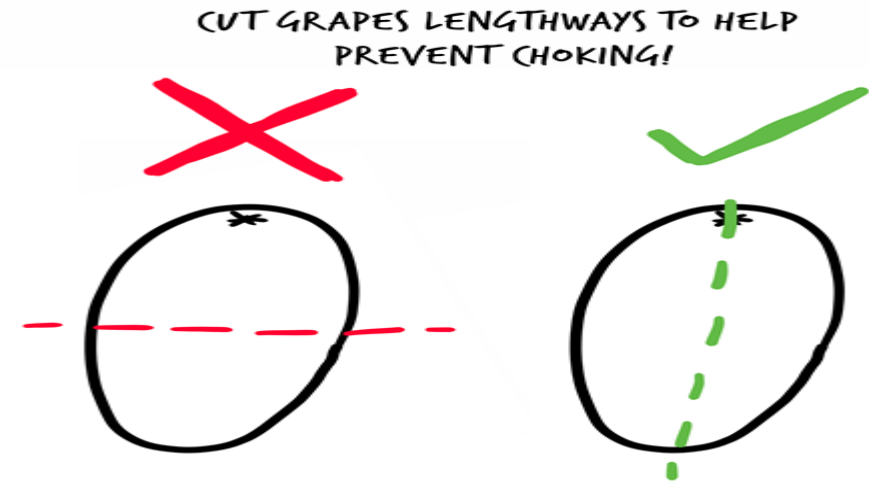
Milk, yoghurt, cheese, fromage frais

Water, diluted juice



Keeping safe

- ▶ SOUP make sure it is NOT TOO HOT to prevent scalds
- ▶ NO NUTS! ~ People in school with nut allergies
- ▶ Always make sure that GRAPES ARE CUT IN HALF
~ LENGTHWAYS to prevent choking



What is a Treat?

(chocolate, biscuits, sweets, fizzy drinks, cakes, crisps)

- A 'Treat' is something you wouldn't have everyday and as part of your daily diet.
 - Only two or three times a week!

If you don't want to lose your treats, treat them as treats!!

HEALTHY EATING ROCKS!!!!



Eat the Rainbow!!

Designed by St Cuthbert's
Student Council

