

What can I choose for my healthy lunch?

CARBOHYDRATES (for energy all afternoon)

Potato

bread

pasta

rice

PROTEIN (to help my body to grow)

beans

egg

tuna/fish

meat

DAIRY (for strong teeth and bones)

cheese

yoghurt

milk drink

smoothie

FRUIT AND VEGETABLES (to stop me from being ill)

fruit

salad/raw vegetables

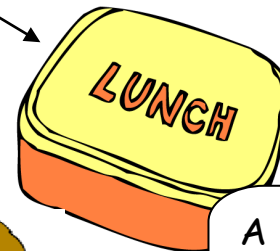
1 + 1 + 1 + 1 or 2

NOT ALLOWED! X

Jam or chocolate spread

sweets

Chocolate(s)



A healthy lunch helps me to do well in school!

JUST A LITTLE.....

.....but not every day.