

Lovely Lunch Boxes

The packed lunch you take to school can be 'as good as it gets' as long as it is well-balanced.

Mix and match combinations from each of groups 1-4 to plan a balanced packed lunch. Group 5 contains the less unhealthy foods, be very careful!

Group 1 Starchy

Bread - wholemeal, white, brown
Sliced bread, rolls or bagels
Pizza, pitta bread
Potatoes, rice, pasta or noodles

Group 2 Protein

use for fillings and toppings
Meat & fish - beef, lamb, pork, bacon, chicken, turkey, tinned tuna, salmon, mackerel, sardines, pilchards; prawns, eggs, pulses, such as baked beans, kidney beans and chickpeas
Add some mixed salad as well!

Group 3 Fruit & Vegetables

In sandwiches - cucumber, tomato, onions, lettuce etc
Salad or coleslaw; vegetable sticks, cherry tomatoes, radishes
Vegetables mixed in with other dishes e.g. in potato or pasta salads
Fresh fruit - apples, satsumas, bananas etc; Fruit in jelly or small tins; Dried fruit - apricots, dates, apple slices, raisins etc

Group 4 Dairy

Milk or yoghurt as a drink
Yoghurts or fromage frais
Milk puddings e.g. potted rice or custard
Grated cheese in sandwiches or on scones; cheese portion or DairyLea and cheese biscuits

Group 5 Treats

Crisps, chocolate, biscuits, cakes, sweets etc are not an essential part of any diet so try to limit them to once or twice a week