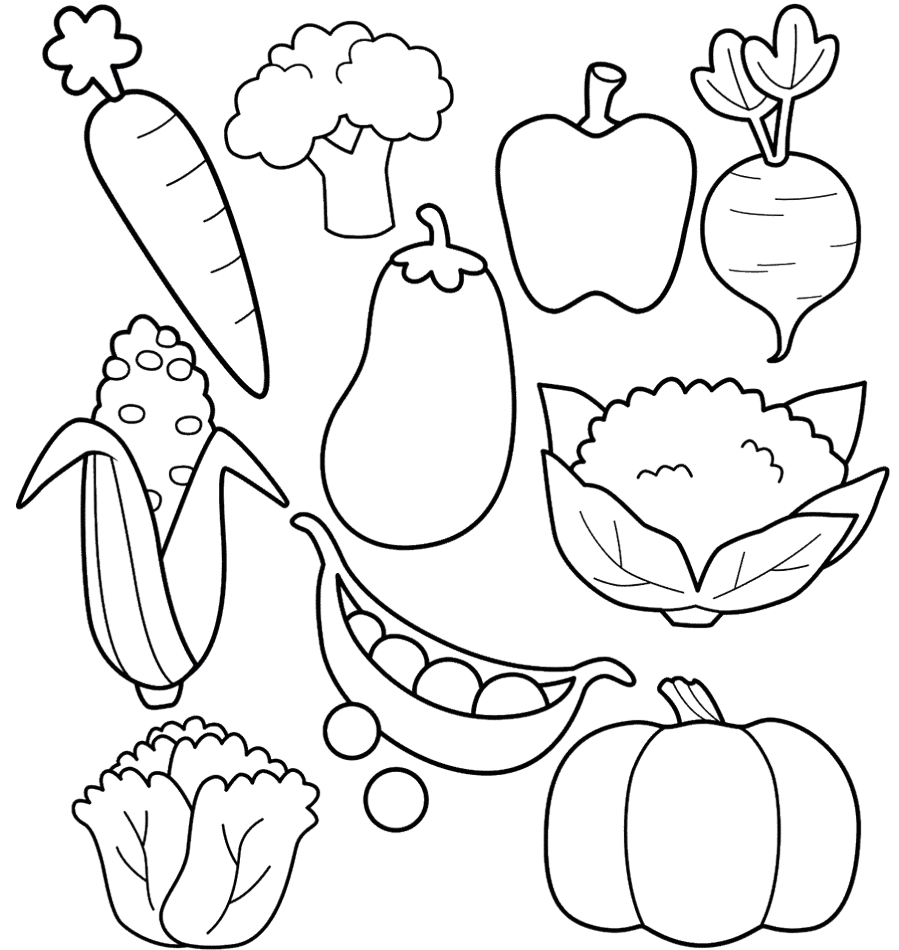
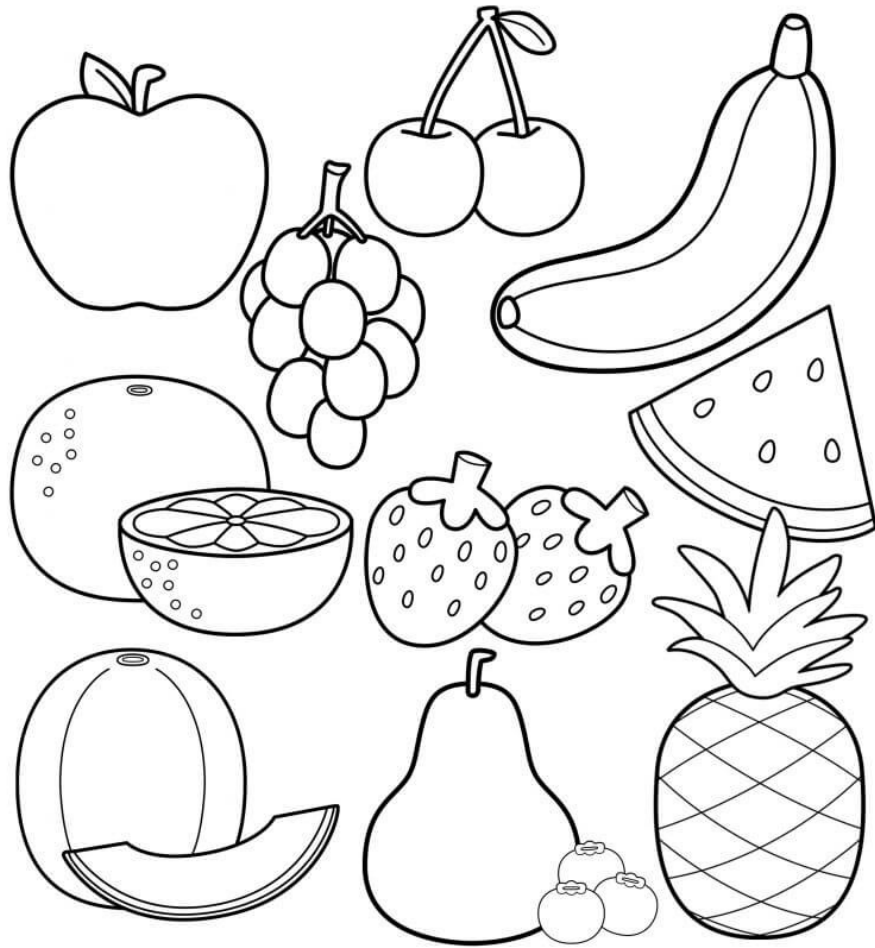


Fruit

&

Vegetables



Keep you healthy!

Create a lunch box

Choose your favourite foods you need LITTLE and LOTS of to put in your lunch box. You can draw your own foods too!

The image shows a simple drawing of a lunch box. It has a red handle and a grey body. The body is divided into two sections by a vertical line. The left section is labeled 'LOTS' in green text, and the right section is labeled 'LITTLE' in red text. The sections are empty, intended for drawing or writing.

LOTS	LITTLE

With help from an adult, cut out the food and drink cards to put in your lunch box.

LOTS

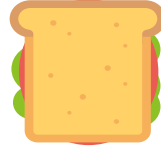
LITTLE



Milk



Banana



Ham sandwich



Doughnut



Water



Carrot



Yoghurt



Sweets



Nuts



Cheese wrap



Avocado



Croissant



Pasta



Chicken



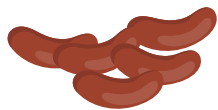
Salad



Fizzy pop



Grapes



Vegetarian
cocktail sausages



Pepper



Crisps



Prawns



Egg



Apple



Cheese



Bread roll



Watermelon



Orange juice



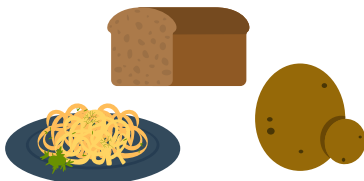
Pizza

Create a lunch box

Look at the healthy lunch box checklist and then make a healthy lunch by placing the food and drink cards or drawing your own items.

My healthy lunch box checklist:

1 portion of starchy carbohydrate



1 portion of dairy



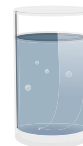
Plenty of fruit and vegetables



One portion of protein



A drink



With help from an adult, cut out the food and drink cards to put in your lunch box.

