

Make a healthy lunch box

Let's learn what to put in a healthy lunch box.



Snacks

Choose one item from each of the mains, snacks and drinks to make a healthy packed lunch.

Use the page below to plan your packed lunches for a week.



Low-fat cream cheese on a wholegrain cracker, with grapes



Carrot, pepper and cucumber sticks



Low-fat yoghurt

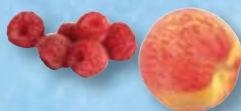
Top snacks tip!
Avoid snacks that are high in salt, like crisps and salted nuts. Instead try dried fruits or vegetable sticks.

Top mains tip!
Try to have a different lunch each day. This will help your body take in the different nutrients in different foods.

Mains



Low-fat fruit scone with berries



Two portions of fruit



Wholegrain pasta salad with tuna, butter beans, cherry tomatoes, sweetcorn and spring onions



Cous cous with roasted vegetables

Drinks



Water



Orange juice

Top drinks tip!
Milk is a source of calcium, which is good for our bones. Make sure you keep milk in a fridge.



Wholegrain wrap with chicken, cucumber, tomato and lettuce



Semi-skimmed milk



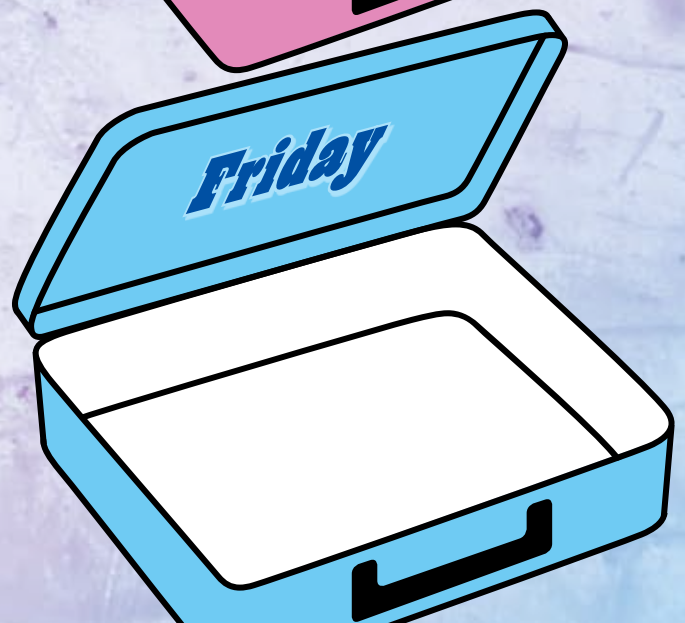
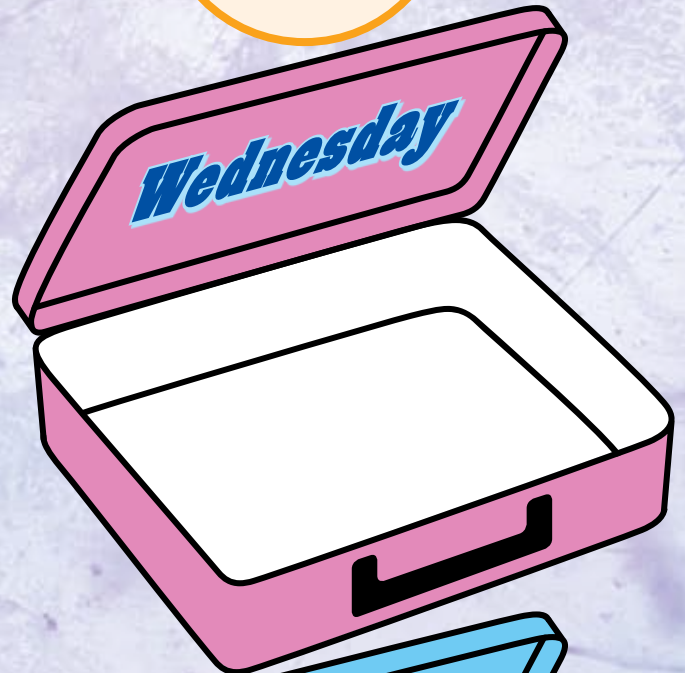
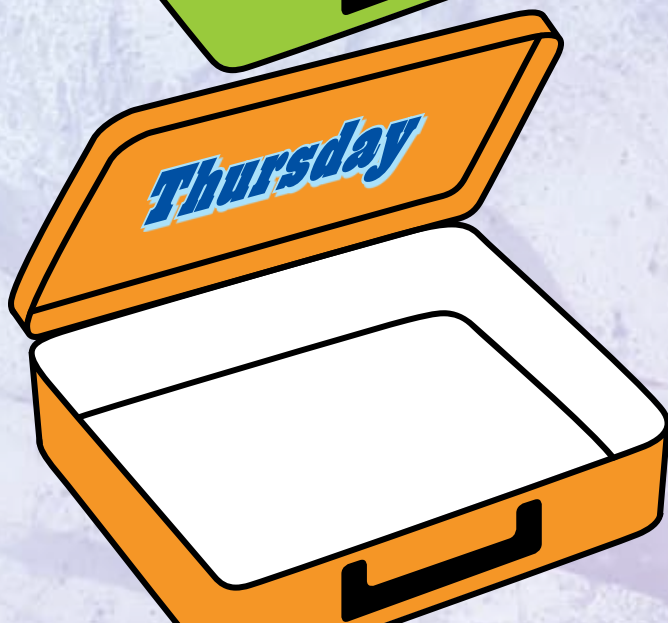
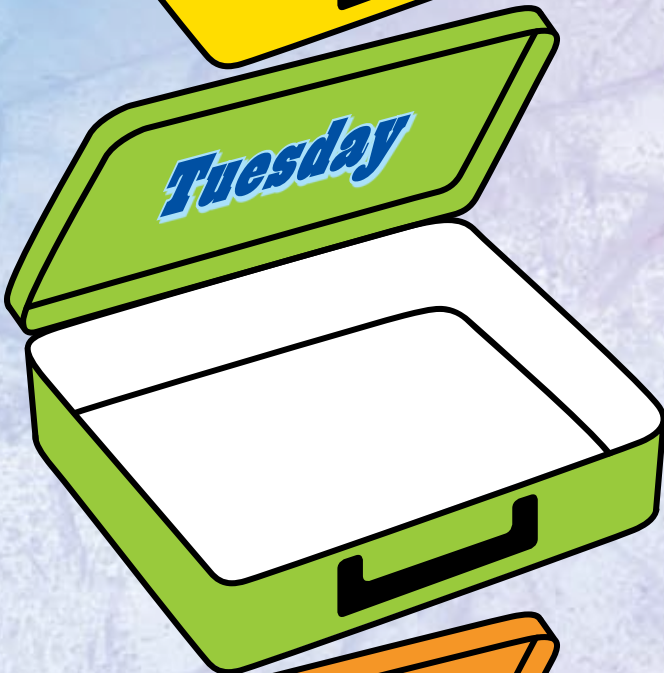
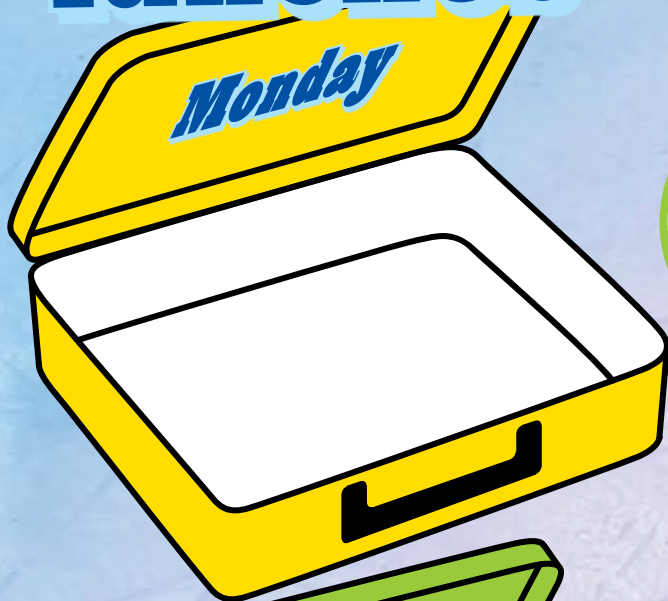
Fruit smoothie



Wholegrain bread sandwich with houmous and grated carrot

My packed lunches

Use this page to plan your packed lunches for a week. Look at the page before and choose one main, one snack and one drink for each lunch box. Or, follow our top tips and make up your own healthy lunch!



Top snacks tip!
Avoid snacks that are high in sugar or fat, like crisps, chocolate or fried food. Try to snack on fruits and vegetables.

Top drinks tip!
We shouldn't drink too many sugary drinks because they are bad for our teeth. Water is a healthy choice.

Top mains tip!
Brown bread, pasta and rice are better for you than white. They have more fibre in them, which helps you go to the toilet.