

DESIGN YOUR OWN LUNCHBOX FOR LEARNING

Stick on pictures, draw or write what you'd pack in your lunchbox

1. Fruit

Choose 1-2 pieces



2. Vegetables

Choose at least 1 serve:

Will you add a dip? If so what sort?

4. Nude Snack

1 serve ONLY, examples:

3. Main Lunch

Include protein & healthy fat to keep your tummy full, plus whole grains, for lasting energy.

5. Water Bottle

Have you filled your water bottle?



Lunchboxes
for learning
help our planet Earth

For more healthy lunchbox ideas, including free recipes and more...



bodysays *yay!*