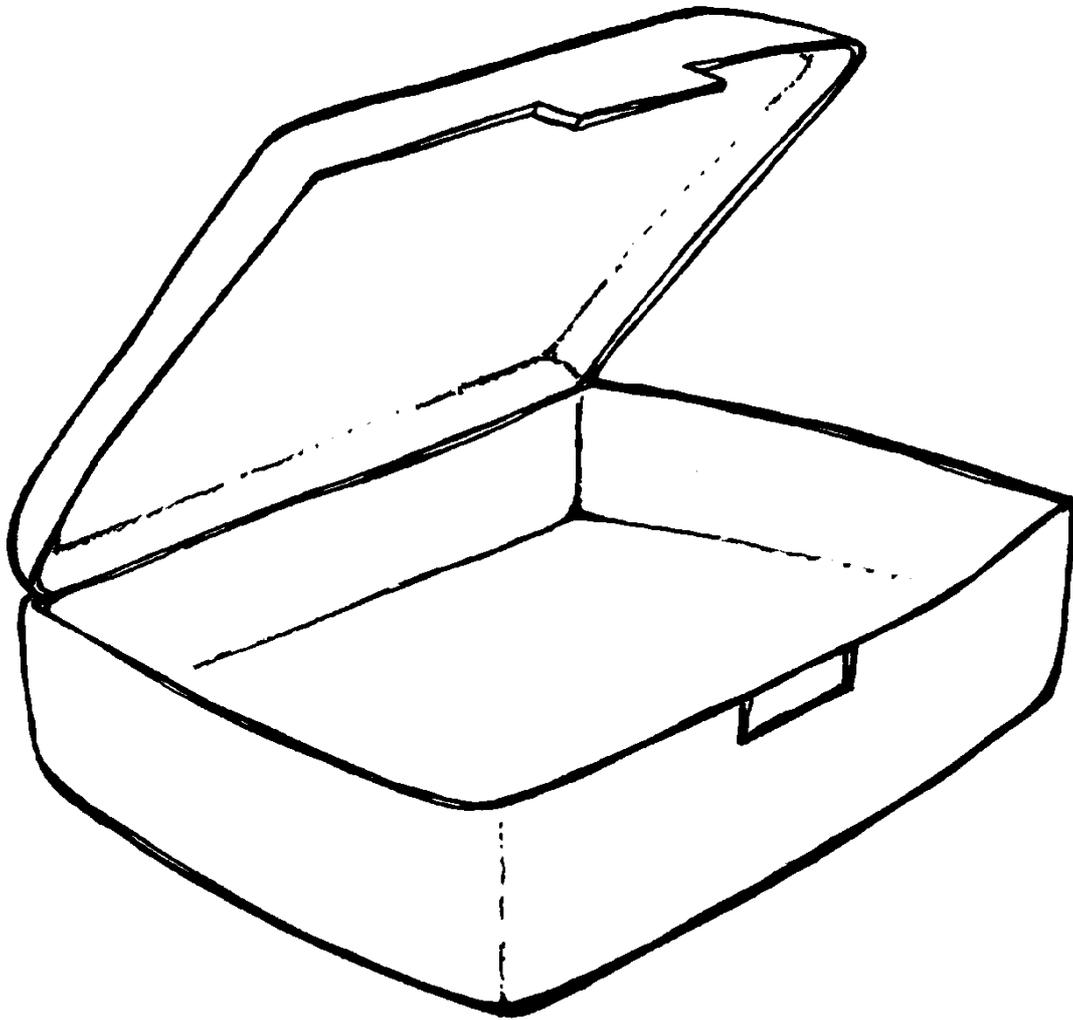


Healthy Lunchbox Challenge

Lunchbox Checklist

- Starchy food, e.g. wholemeal bread, pasta or rice salad
- Dairy food, e.g. individual cheese portion or pot of yogurt
- Water to drink
- Fruit and vegetables
- A portion of protein e.g. lean meat, fish, ham, chicken, beef, tuna, egg, hummus or bean/lentil salad



**Create an amazingly healthy lunchbox.
Draw and label your favourite healthy foods.**

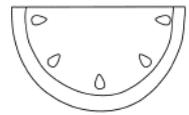
Healthy Lunchbox Challenge

Draw lines to match each food to its name:



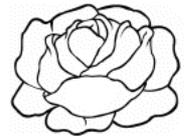
bread

eggs



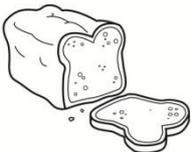
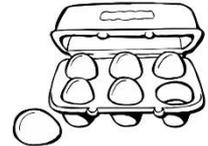
yoghurt

tomato



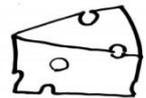
grapes

cheese



carrot

strawberry



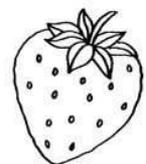
banana

watermelon



chicken

lettuce



Colour the foods you would like in your lunchbox.