

# What can I choose for my healthy lunch?

## CARBOHYDRATES (for energy all afternoon)

Potato

bread

pasta

rice

## PROTEIN (to help my body to grow)

beans

egg

tuna/fish

meat

## DAIRY (for strong teeth and bones)

cheese

yoghurt

milk drink

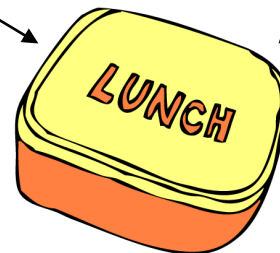
smoothie

## FRUIT AND VEGETABLES (to stop me from being ill)

fruit

salad/raw vegetables

1 + 1 + 1 + 1 or 2



**NOT ALLOWED! X**

Jam or chocolate spread

sweets

Chocolate(s)



A healthy lunch helps me to do well in school!

**JUST A LITTLE.....**

.....but not every day.

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