

A Packed Lunch Guide

Keep your Lunch
Cool! ❄️

EAT healthy

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Elise Taylor Age 9 - Preston Primary School

A Good Packed Lunch Contains Variety

A good packed meal contains a variety of foods. If you choose at least one from each of these four Main Food Groups, you'll be helping your children to get what they need for healthy growth and fitness.

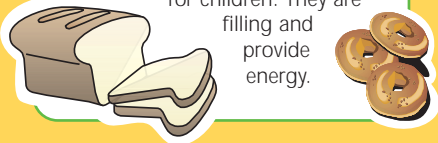
1

Bread & Cereals

Including bread of all kinds, rolls, breadsticks, bagels and pitta bread, pasta & rice salads.

Choose wholemeal, brown, high fibre white or soft grain varieties for extra fibre.

*These starchy foods are important for children. They are filling and provide energy.



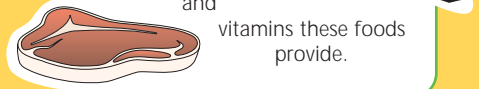
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Meat & Alternatives

Including lean meat, chicken, tinned fish, beans, hummous, egg, peanut butter and nuts.

* Growing children need the protein, iron and

vitamins these foods provide.



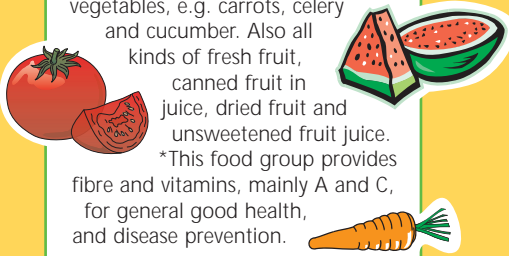
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Fruit & Vegetables

Including Salads and crispy raw vegetables, e.g. carrots, celery and cucumber. Also all

kinds of fresh fruit, canned fruit in juice, dried fruit and unsweetened fruit juice.

*This food group provides fibre and vitamins, mainly A and C, for general good health, and disease prevention.

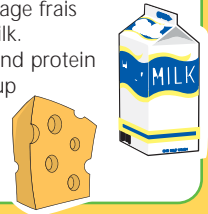


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Milk & Dairy Products

Including cheese of all kinds, yogurt, fromage frais and milk.

* The calcium and protein in this food group are important for building strong bones.



Extras

Fruit Bread / Malt Loaf
Scone / Bun
Cheesy Biscuits / Low Fat Crisps

Hint

Choose a different Extra each day.



Treats

NOT Every day!
e.g. cereal bars,
chocolate biscuits
mini snack bar.

Hint

Eaten at meal times these are less likely to cause tooth decay than if they are eaten between meals.

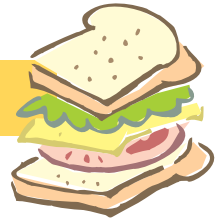


Drinks Drinks should not be fizzy or sugary followed by fruit juice, milkshake and sugar



Balanced, Healthy Packed Lunch Ideas

- Ham salad pitta, fruit yogurt, satsuma, breadsticks.
- Tuna pasta salad with sweetcorn, cherry tomatoes, mini carton of custard.
- Cream crackers, cheese triangle, sliced cold cooked sausage, malt loaf, melon cubes.
- Cooked rice mixed with ham, peppers & pineapple, grapes, chocolate milkshake, lowfat crisps.
- Curried egg bap, tub of mixed salad, peach, mini pot of rice pudding
- Red kidney bean, tomato and rice salad with salsa sauce, fromage frais, fruit juice.
- Peanut butter & jam sandwich, carrot & celery sticks, fromage frais, plain popcorn, banana.



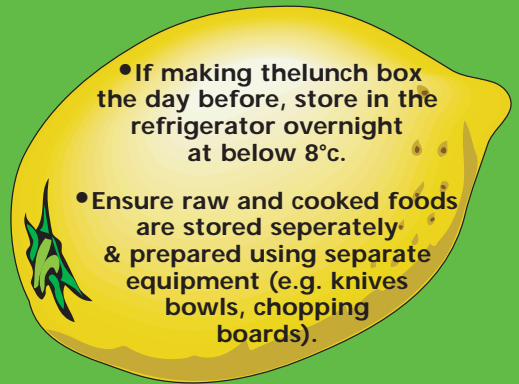
Fab Fillings for sandwiches & bread

- Grated carrot & cheddar cheese
- Mashed sardines & tomato
- Peanut butter & jam
- Boiled egg mashed with salad cream and a pinch of curry powder
- Cheese & pickle
- Tuna, mixed with chopped tomato & tomato ketchup
- Corned beef & pickle
- Peanut butter & banana
- Ham or chicken salad
- Cheese spread & marmite
- Banana, sultana & cinnamon
- Chicken tikka & lettuce
- Cheese & apple



ary cordials. Water and milk are best
free cordials / squashes

Food Safety Tips



Wash your Hands!