

Healthy school lunch

Every day we need to eat foods from each of the groups:

**Breads
and
cereals**

**Protein
foods**

**Fruits and
vegetables**

**Choose a variety of foods from each group
to make lunches more exciting.**

Breads and cereals

Include breads and cereals for energy.
These foods help us learn and play.



Protein foods

**Include protein foods for healthy
muscle and bone growth.**

Protein foods include meats, nuts, eggs, beans, lentils, and dairy products like cheese, milk, and yoghurt.



Fruits and vegetables

**Include fruits and vegetables for
vitamins, minerals, and fibre.**

These foods help us to look and feel good.



Include a drink.

Water is the healthiest and cheapest option.



Make sure there is enough food for the whole day.

Healthy school lunch



Choose some **bread or cereal**.

Choose a **protein food**.



Choose a **fruit and a vegetable**.

Choose a **drink**.



Water

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Safe school lunch

Wash your hands with soapy water before preparing school lunches.



Foods need to be packaged safely and kept separate from each other in the lunchbox.



Plastic cling wrap, or smaller-sized containers within the lunchbox, can be used to safely package food items separately.



Keep a frozen bottle of water, or ice pack, in the freezer. Place it in the lunchbox to keep foods cold during the day.



Dairy products, meats, eggs, and cooked pasta or rice should be kept cold until eaten.