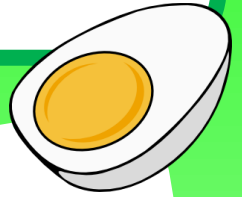
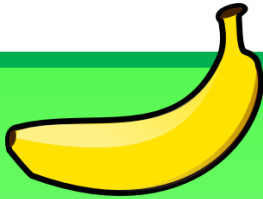


Healthy Eating

Create a healthy lunch

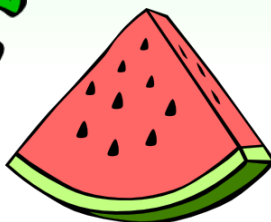


Children create a healthy lunch to go in their lunchbox or on their plate. Choose from a variety of healthy and unhealthy foods to cut /paste /color into their lunchbox or children can draw their own. Add labels to identify exactly what the food is e.g. whole grain bread

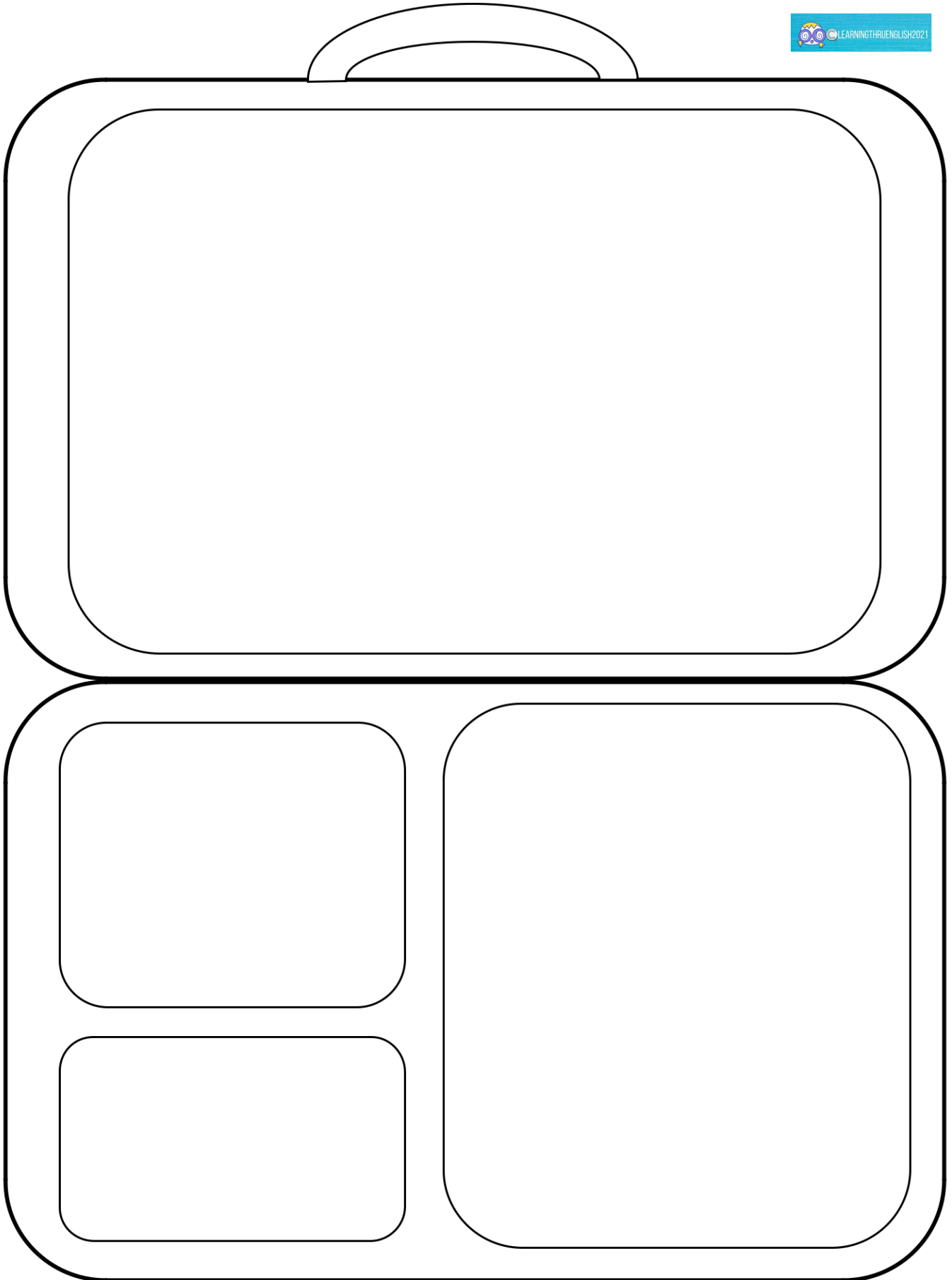


Use with a nutrition unit or healthy eating unit or as assessment. Also create a food pyramid using the food cut outs or children draw their own

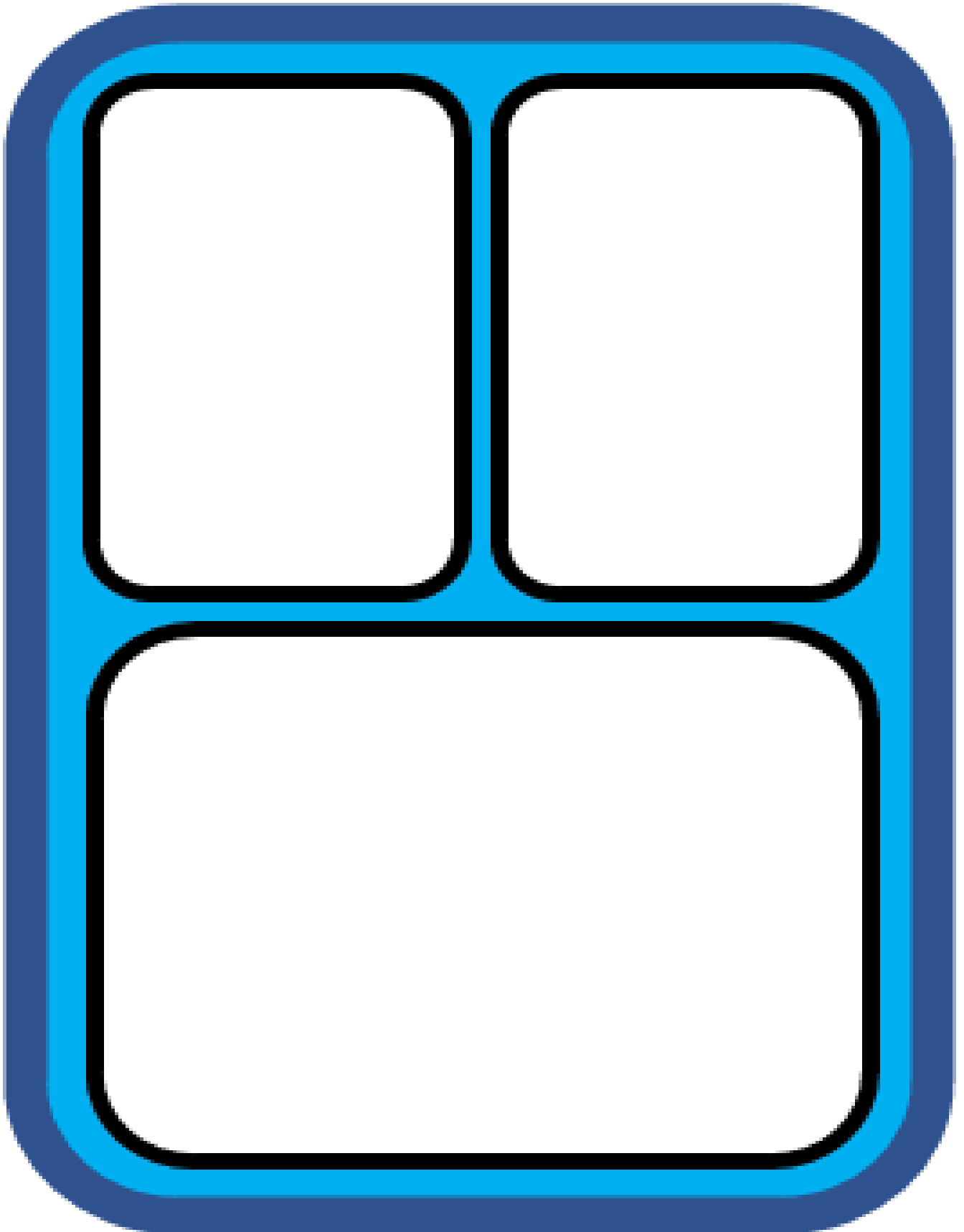
NB. Food pyramids vary - be sure to research food pyramids before teaching to your students

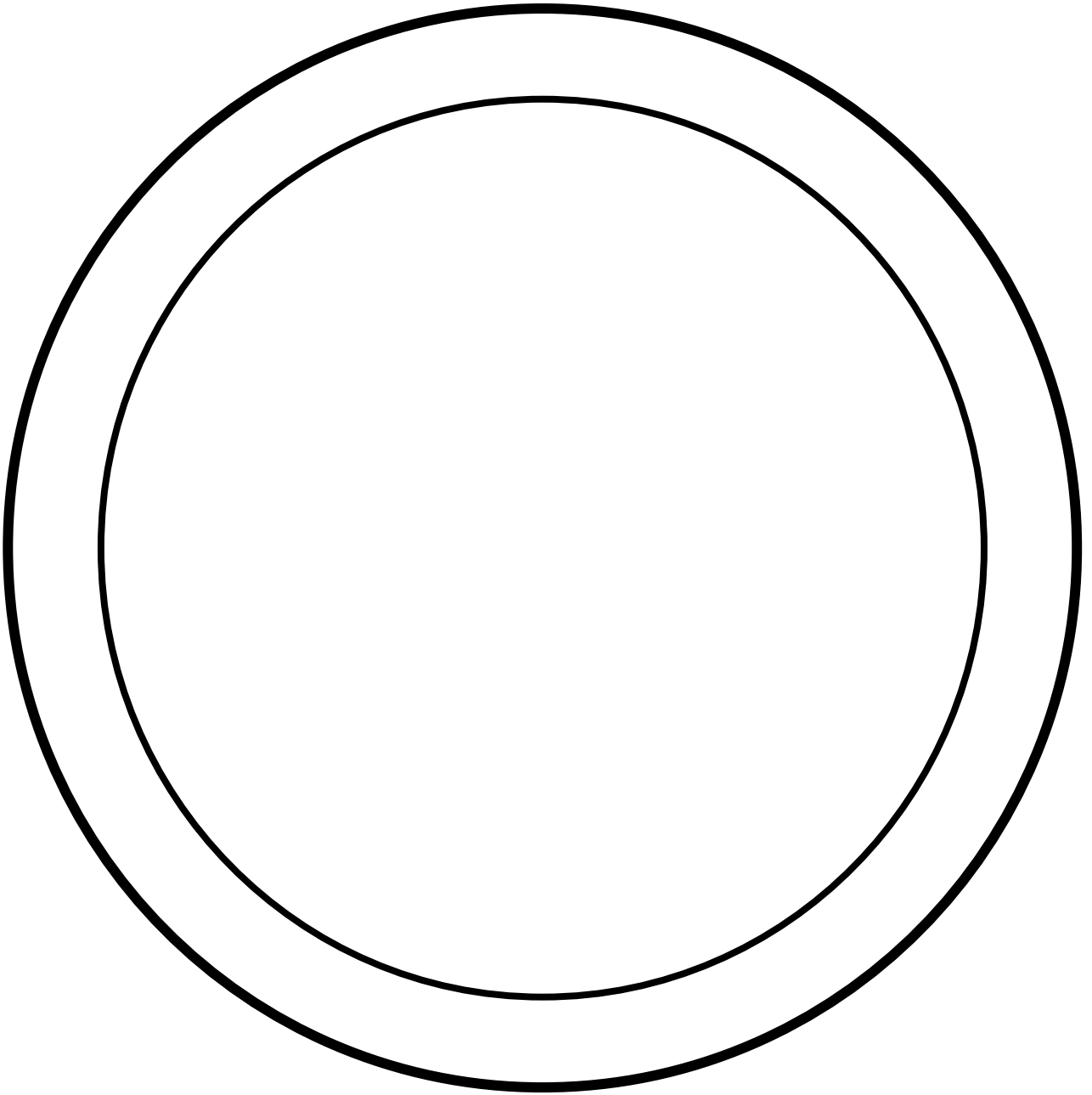
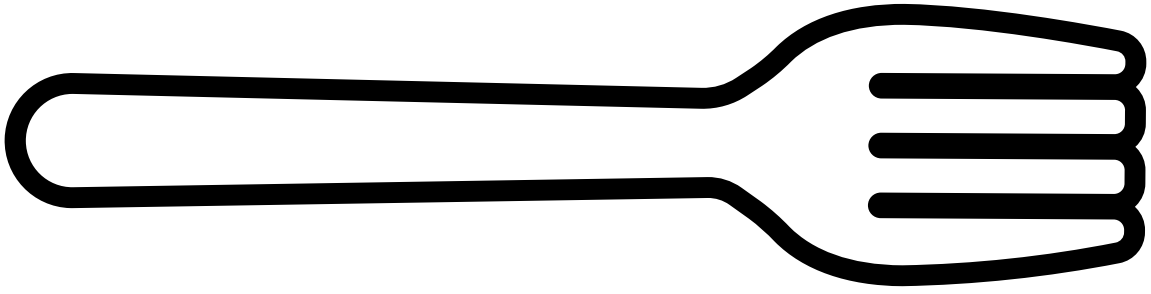


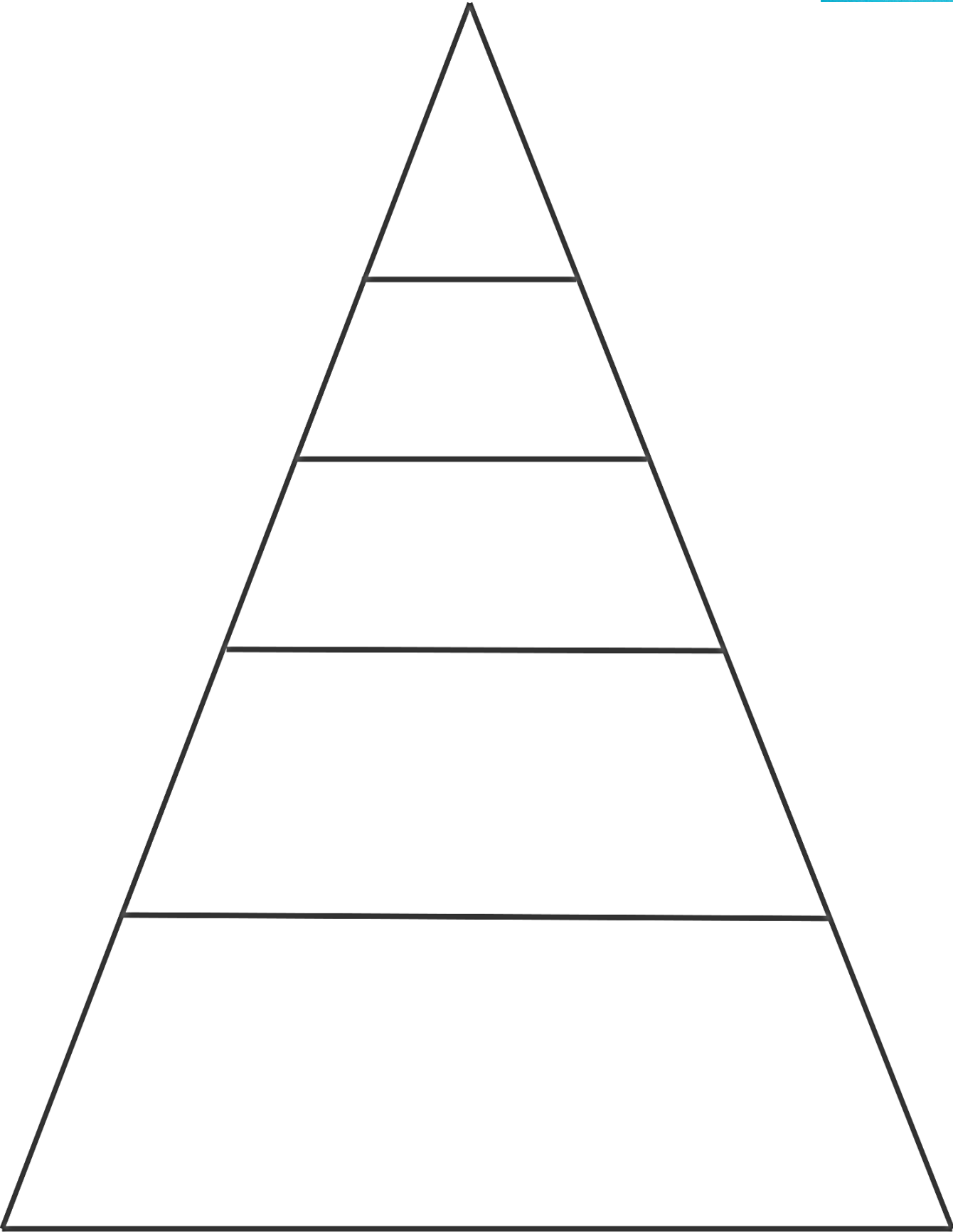
My healthy lunchbox - cut/paste/draw items into your lunchbox - is your lunch a healthy lunch? Best enlarged onto A3 paper.

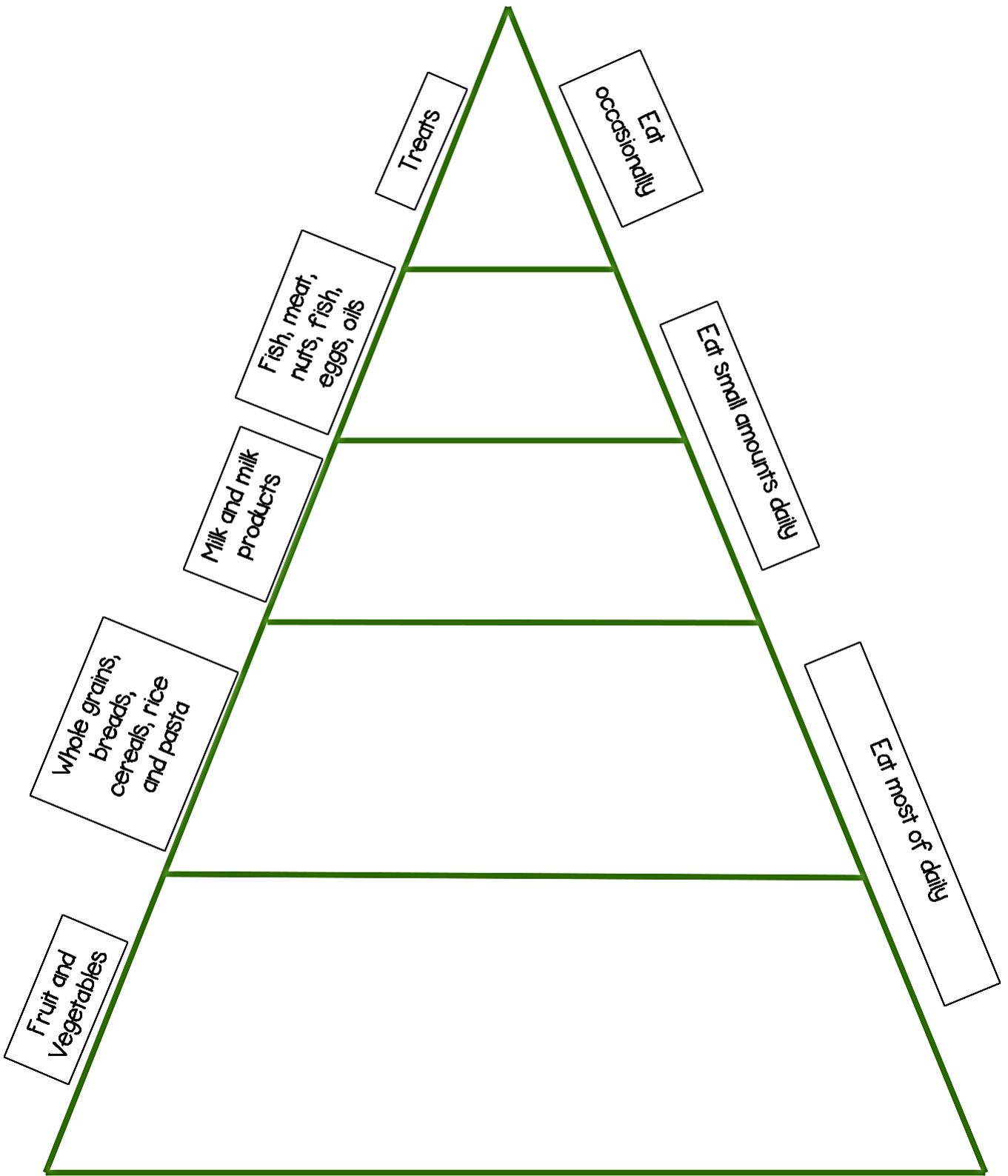


My healthy lunchbox - cut/paste/draw items into your bento box - is your lunch a healthy lunch? Best enlarged onto A3 paper.











Eat Least

Eat Some

Eat Most

Heart food pyramid



**Eat
Most**
*Vegetables
Fruit*

Eat Some
*Grains Starchy Vegetables
Legumes Fish Seafood
Eggs Poultry Meat
Milk Yoghurt Cheese
Healthy oils nuts seeds*

Eat little
*Junk food/sugary
drinks/salt/
unhealthy fats*

