

# Lunchbox outline

Name:

Class:

## Activity

Plan a healthy lunchbox.



Sandwich, roll or wrap ...

Potato, pasta, rice or cous  
cous salad ...

Sides ...

Yogurt, bread sticks, cheese  
triangle, rice cakes,  
fruit or cheese scone, fruit  
slice, bun ...

Drink

Milk, fruit juice, water ...

Fruit and vegetables

Carrot or celery sticks, cherry  
tomatoes, cucumber wheels ...

Banana, orange, raisins,  
apple, pear, peach ...

Other ...