

# Make a healthy lunchbox

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Create an amazing healthy lunchbox.



- Lunchbox checklist**
- a good portion of starchy food, e.g. thick bread, , pasta or rice salad?
  - plenty of fruit and vegetables?
  - a portion of milk or dairy food, e.g. individual cheese portion or yogurt?
  - a portion of meat, fish, e.g. ham, chicken, beef, tuna, egg,?
  - a drink?

Why did you choose these foods and drink?