



(U1L14R4) A Healthy Lunchbox Looks Like

Now that you know what needs to be included in your healthy lunchbox, your task is to choose the correct items, colour, cut them out and glue them in place inside the lunchbox. Use the Lunchbox Template to create your own lunchbox.

- A healthy main lunch item which includes grains or breads
- A portion of lean meat, poultry or legumes
- A piece of fresh fruit
- A piece of fresh vegetable
- A portion of dairy or an alternative
- Water bottle

