



(U1L14R6) Teachers Notes: Portion Information

Vegetables:

What is 1 serve? (1 serve in lunchbox)

- 1 cup vegetable sticks or cherry tomatoes
- 1 cup salad (green leafy, e.g. lettuce, baby spinach; or raw salad vegetables, e.g. cucumber, carrot)
- ½ cup cooked vegetables
- ½ cup corn
- ½ medium boiled potato

Fruit:

What is 1 serve? (1 serve in lunchbox)

- 1 medium piece of fruit, e.g. apple, banana, orange or pear
- 2 small size fruits, e.g. plums, apricots
- 1 cup diced or canned fruit (no added sugar, in natural juices)
- 1.5 tablespoons of sultanas, 4 dried apricot halves (eat dried fruit occasionally)

Grains and Bread:

What is 1 serve? (2 serves in lunchbox)

- 1 slice wholegrain or wholemeal bread
- 1 small pita bread, Lebanese bread
- ½ cup cooked rice
- ½ cup cooked pasta
- 3 crispbreads

Lean meats, poultry and legumes:

What is 1 serve? (1 serve in lunchbox)

- 2 large eggs (be cautious of allergies in school)
- 100g tinned tuna (in water or brine)
- 80g cooked chicken or turkey (skinless)
- 65g cooked lean beef or lamb
- 170g tofu
- 1 cup baked beans

Dairy (milk, yoghurt, cheese or alternatives):

What is 1 serve? (1 serve in lunchbox)

- 200g yoghurt
- 1 cup milk (not flavoured)
- 2 slices cheese (40g total)

