



(U1L14R8) Success Criteria

To design and create a successful menu for a healthy lunchbox, I have included:

Food items from all 5 food groups

- Bread, cereals, rice, pasta and noodles (grains)
- Fruit
- Meat, fish, poultry, eggs, nuts and legumes (proteins)
- Vegetables, legumes (e.g. dried peas, beans and lentils)
- Milk, yoghurt or cheese (dairy)
- Plus a water bottle

My menu gives at least 2 choices for:

- 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
- A drink of water
- An extra snack if the menu is for a very active child

