

Name:

Date:



Missing items

The four friends each want a healthy lunchbox.

What foods are missing from their lunchboxes?

Make other changes to make them healthier.

Lunchbox checklist

- ☐ plenty of a starchy food, e.g. thick wholemeal bread, chapatti, pasta or rice salad
- ☐ plenty of fruit and vegetables
- ☐ some dairy and alternatives, e.g. individual cheese portion or pot of yogurt
- ☐ some lean meat, fish or alternative, e.g. ham, chicken, beef, tuna, egg, hummus or bean/lentil salad
- ☐ a drink

