

Packed Lunches

Get it right!!

Packed lunch boxes can be a healthy way of eating **BUT** they are often high in fat and sugar, because we just tend to fill the box with the foods we like or leftovers.

It's your turn to design some great packed lunches for the following three people, and to help you along we've listed some really healthy foods to put in the boxes.



Gavin.

Gavin is 8 years old, and plays a lot of sports. He plays football for his local village team, and goes swimming with his older brother every week. He likes sandwiches, but sometimes feels like something different. Design a healthy packed lunch for him.



Sara

Sara (28 years) is a computer programmer with a large company. In her spare time she likes drawing and playing chess. She goes to aerobic lessons after work on Thursdays. She is a vegetarian. She wants to make sure her bones are strong.



Tudor

Tudor is 42 and a busy farmer. He has a sheep farm and a few cattle. He gets up very early in the morning and really looks forward to his packed lunch which he has in his tractor or when sunny in the fields overlooking his farm. He's decided to eat more fruit and vegetables.

- Pitta bread
- Banana
- Grapes
- Marmite
- Peanut Butter
- Fruit Cake
- Ham
- Sardines
- Kiwi fruit
- Yoghurt
- Breadsticks
- Cheese Triangle
- Chicken
- Turkey
- Salad Cream
- Tomato
- Lettuce
- Egg
- Carrot sticks
- Celery
- Scone
- Pasta Salad
- Maltloaf
- Milk
- Tangerine
- Pâté
- Fruit Juice
- Teacake
- Apple
- Wholemeal bread
- Kumquat
- Tuna
- Fish paste
- Fromage frais
- Blueberries
- Pear

REMEMBER TO KEEP YOUR LUNCH BOX COOL