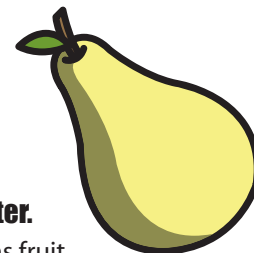


My name is \_\_\_\_\_

## Lunchbox Blitz!

Send your kids to school with the right fuel.



**A** lot of young fellas spend a lot of time at school which, for parents and carers, means a lot of lunchboxes to fill. Kids can be picky, and sometimes it can be tough coming up with a lunchbox that is healthy but that will also keep the young ones happy.

Lunch plays an important role in helping all of us survive through a long day. By providing a variety of foods in your kid's lunchbox, you're supplying them with the energy they need to concentrate all day in class, as well as the nutrients they need for healthy growth and development.

It's not always easy to come up with new and exciting ideas for lunch, so here are a few simple tips from the Heart Foundation to help you to pack your kids off to school with a healthy lunch every day.

### 1 Choose wholemeal or grain bread for a healthier sandwich.

Swapping from white to wholemeal or grain bread will help your kids stay fuller for longer and make a big difference in their fibre intake.

### 2 It's not just the bread, it's also about what's between it!

Use margarine spread, mashed avocado, light cream cheese, or chutney as a spread. For a healthier filling choose from reduced fat cheese, canned fish or lean cold meat and then add salad or vegetables.

### 3 Swap juice for water.

Sweet drinks such as fruit juices, juice drinks, cordials and fizzy drinks are high in energy (kilojoules) and can increase the risk of tooth decay. If you can, try to find a cool water container for your kids to make water more fun. It's a good idea to freeze the water bottle to help keep the lunch at a safe temperature, too.

### 4 A piece of fruit a day keeps the doctor away.

Rather than including stuff like biscuits, chocolate or chips, try some fresh fruit or pop in a small can or tub of fruit in natural juice.

### 5 Include a small tub of reduced fat plain or fruit yoghurt

It's tasty and healthy, and provides your kids with some of their daily calcium requirements (kids need at least three serves a day of milk, cheese or yoghurt to meet their requirements), to help them maintain healthy bones and teeth.



To get more ideas for healthy snacks for your kid's lunchbox, order your free copy of the Heart

Foundation's School Lunch Box Ideas brochure by calling 1300 36 27 87.



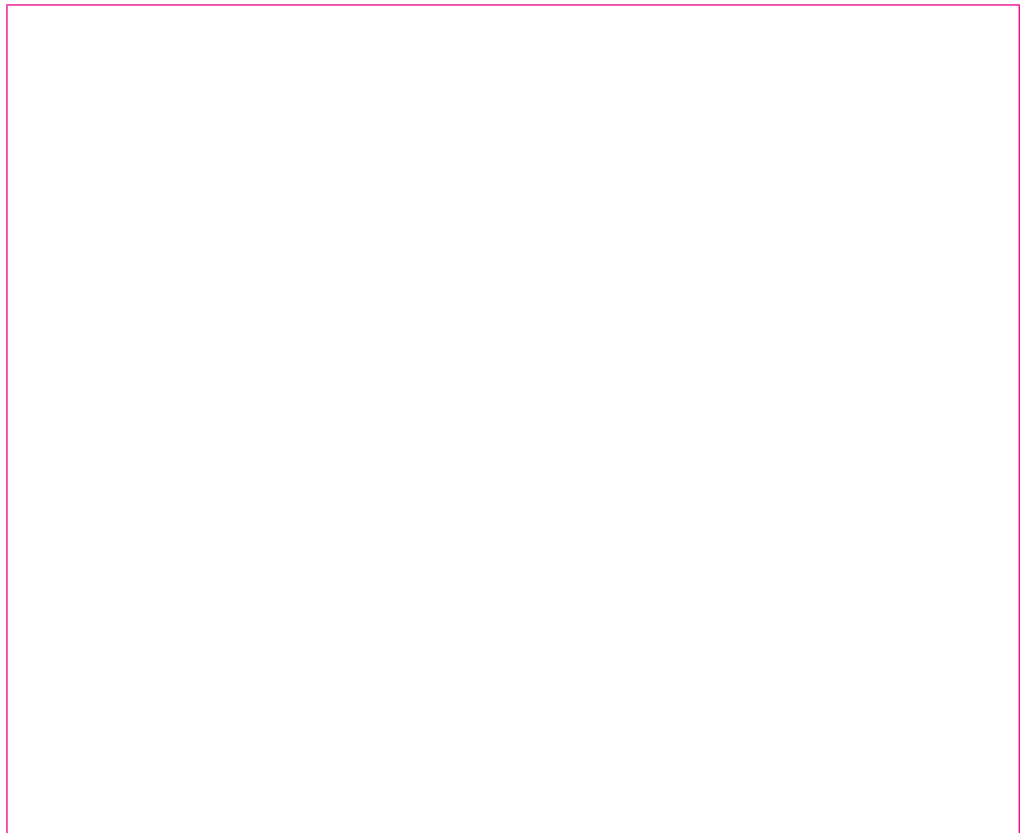
## PREPARATION BEFORE READING:

Healthy Vibe tells us that we need a good lunch every day to keep us healthy and to stay on track in class all day.

It lists five tips for packing a healthy lunch.

## ACTIVITY 1: WHAT'S IN YOUR LUNCHBOX?

Draw a picture of your lunchbox and all the healthy and tasty foods you'd like to have in it.



Write a few sentences to say what you have in your lunchbox.

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## ACTIVITY 2: HEALTHY VIBE PAGE 19

### Reading for information

1. What are two reasons for having a healthy lunch every day?

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2. What are the Heart Foundation's five tips for packing a healthy lunch?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

3. If you make sandwiches out of wholemeal bread instead of white bread, you can feel fuller for longer.

True      False

4. If you drink water instead of juice, you can help keep your teeth healthy.

True      False

5. If you eat a small tub of yoghurt every day, it helps you to have healthy bones.

True      False

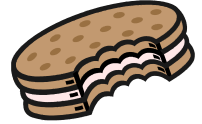
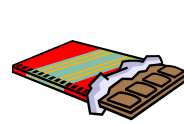


### ACTIVITY 3: WHICH LUNCHBOX IS HEALTHIER?

A



B



Explain your choice.

Lunchbox \_\_\_\_ is healthier because

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## ACTIVITY 4

Draw the steps you take when you pack your lunchbox.

1	2
3	4

## ACTIVITY 5: PROCEDURE TEXT

Write a procedure to explain how you pack your lunchbox every day.

**Goal:** Packing my lunchbox

**Materials:** \_\_\_\_\_

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**Steps:**

Step1

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Step 2

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Step 3

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Step 4

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### **ACTIVITY 6: MY 5 TIPS FOR A HEALTHY LUNCH.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_