



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.

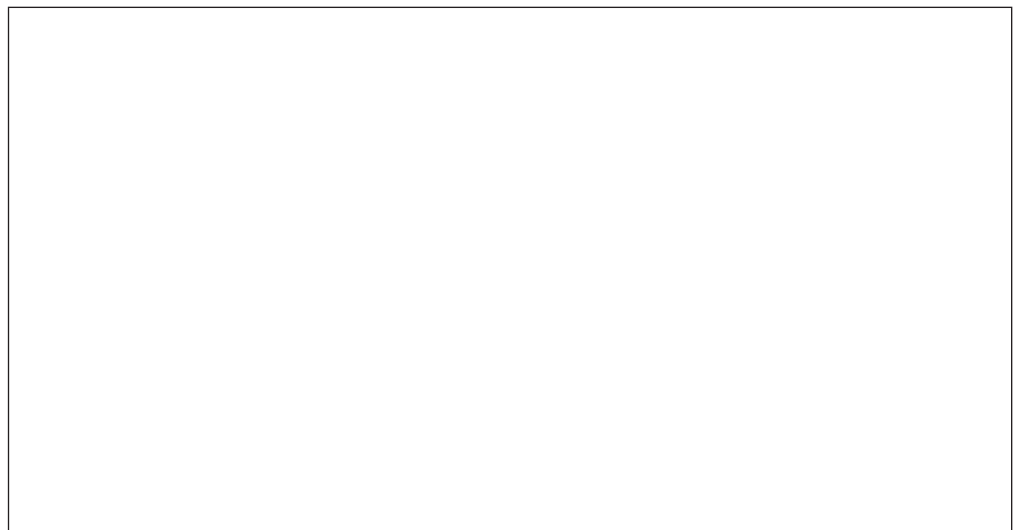
Lunch plays an important role in helping all of us survive through a long day. By providing a variety of foods in your kid's lunchbox, you're supplying them with the energy they need to concentrate all day in class, as well as the nutrients they need for healthy growth and development.

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.

ACTIVITY 1: HEALTHY VIBE PAGE 19

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

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.



ACTIVITY 2: WHAT'S IN A HEALTHY LUNCH?

Match the words and pictures.



fruit juice



yoghurt



sandwich



rockmelon



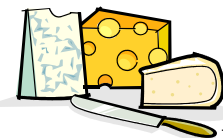
apple



banana



pears



carrot



cheese



ACTIVITY 3

Draw the steps you take when you pack your lunchbox.

1	2
3	4



ACTIVITY 4: PROCEDURE TEXT

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

Goal: Packing my lunchbox

Materials: _____

Steps:

Step1

Step2

Step 3

Step4
