

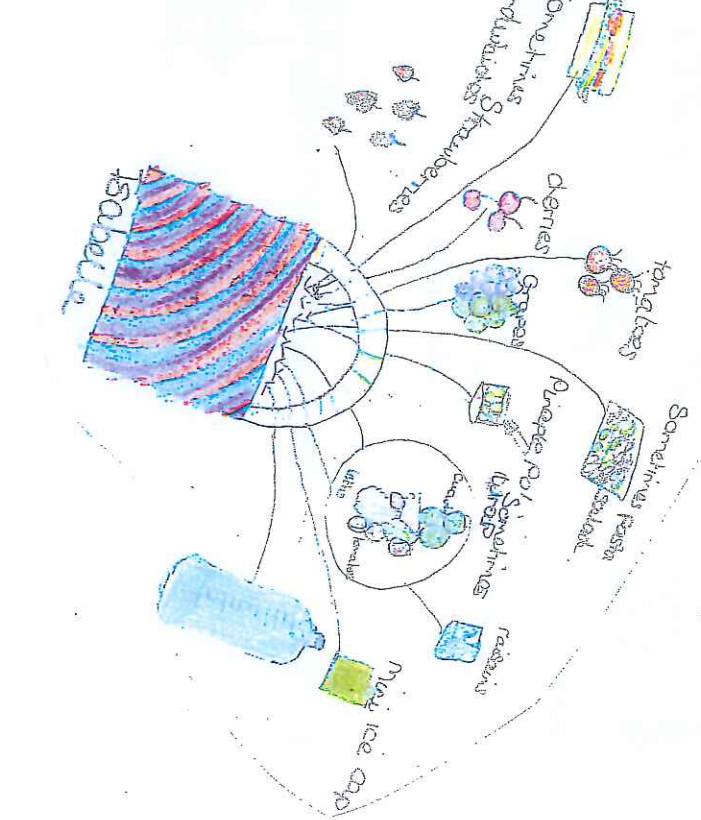
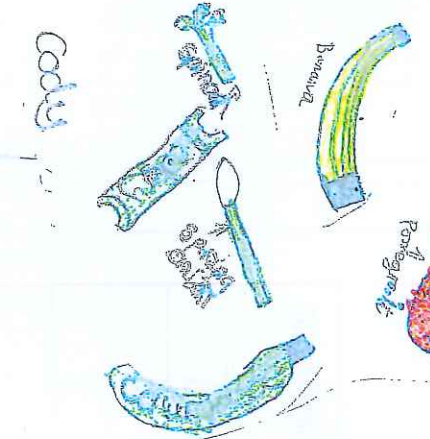
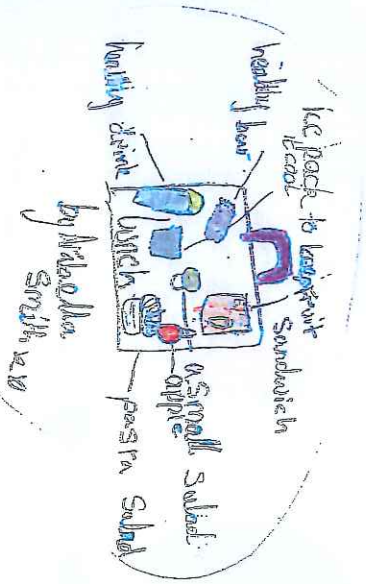
# HEALTHY LUNCH

- Vegetable wrap with salad and turkey
- Apple orange loafnuts
- Fruit and cereals
- Yogurt
- Fruit - berries

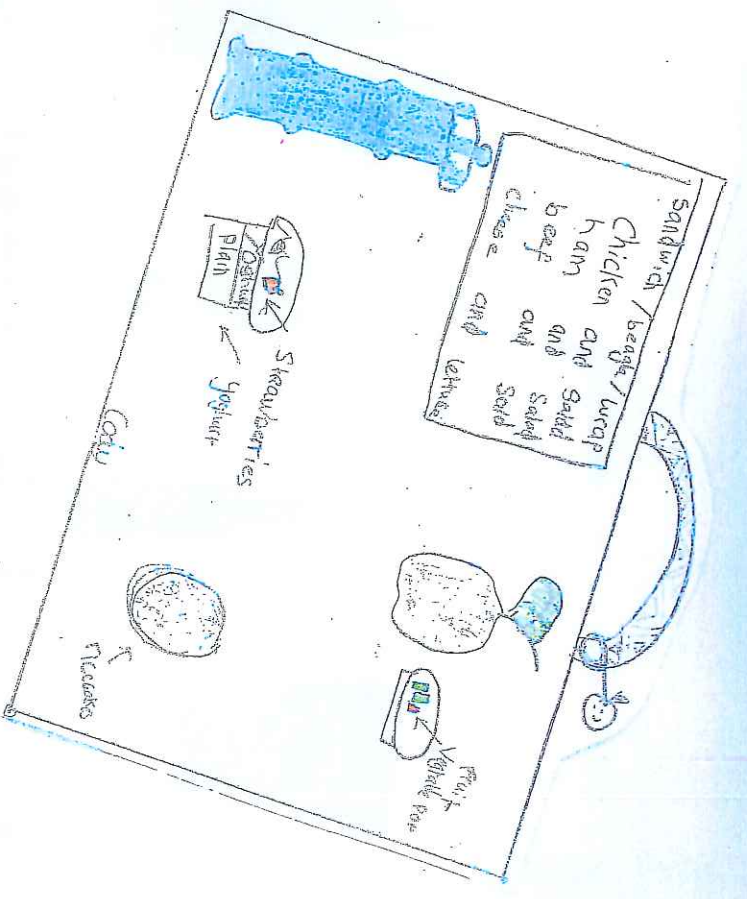


HEALTHY!

FAT



# Ideas for a healthy lunchbox



### Reminders

- we have water in our drink bottles
- we are a nut free school
- we eat a healthy snack Monday to Thursday
- EYFS and KS1 have fruit provided for them



One frube



## Hidden sugar!

One yoghurt



One yoghurt



Age	Max recommended sugar intake per day	Teaspoons
2 - 6	19g	5
7 - 10	24g	6
11+	30g	7

# Ideas for a healthy snack

