

Why healthy lunchboxes?

It is very important for children to eat five portions of fruit and vegetables per day. Nutritious food helps children grow healthily, concentrate and feel happy. Children who eat a healthy diet are more likely to learn healthy habits for life and more likely to grow

Packing your child's lunchbox...

Remember to pack a food from each food

Vegetables:

- > Carrot Sticks
- > Cherry Tomatoes
- > Celery Sticks
- > Cucumber Slices

Dairy:

- > Cheese
- > Yoghurt
- > Milk

Fruit:

- > Satsumas
- > Apples
- > Bananas
- > Raisins



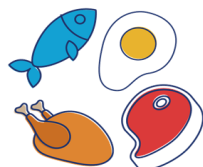
Carbohydrates:

- > Bread
- > Bagel
- > Rice
- > Pasta



Proteins:

- > Chicken
- > Ham / Turkey
- > Tuna
- > Boiled Egg



Sugar

Sugar is a high calorie food that leads to obesity, diabetes, heart disease and tooth decay if eaten too often. Make it the exception not the rule. Sugar makes children feel hyperactive so avoid sugar before taking naps or bed time.

Did you know...?

A carton of Ribena 288ml has **11 tsp of sugar!**

A can of coke has **10 tsp of sugar!**

Water

It is very important that children drink plenty of water. It helps them:

- > Stay refreshed
- > Digest their food properly
- > Keep alert

Your child should drink **six to eight glasses** of

Healthy Snacks!

You can pack nutrition as well as offering children a healthy snacks.

- > Dried Fruit
- > Low sugar biscuits
- > Fruit Loaf

Meadow High School



Enclosed is our Autumn/Winter dinner menu which contains a wide range of dinners with a selection of fresh vegetables , homemade desserts and fresh fruit.

We would also like to offer you some healthy lunchbox suggestions to help provide your child with a healthy lunch which complies with the

Here are some useful websites that share information on healthy school dinners, tasty recipes and helpful tips for making healthy packed lunches.

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.gov.uk/school-meals-healthy-eating-standards>