

Beith Primary School



Health and Wellbeing

A health promoting school





TOP TIPS FOR A HEALTHY LUNCH BOX

- Base the main part of the lunch on starchy foods like bread, cereal, rice, pasta or potatoes.
- Get creative with some alternatives to sandwiches, for example, wholemeal pitta pockets, tortilla wraps or pasta salad.
- Include some protein **such** as lean meat, chicken, tuna, ham, cheese, egg or humous.
- Aim to have at least one fruit or vegetable based food or drink in the lunch box to count towards your child's 5 a day portions of fruit and vegetables.
- Children need to eat regularly to maintain energy levels, so don't forget to include a light snack for break time. This might include a piece of fruit, a small packet of crisps, crackers with cheese, a biscuit, yogurt, samosa, chapatti, a scone, fruit bun or a small bar of chocolate.

- Add a portion of semi-skimmed milk or other dairy food such as cheese, yogurt or fromage frais.
- Fluids are an essential part of your child's healthy diet. Try a variety of different drinks such as a carton of fruit juice, water, yogurt or milk drink.
- Try the mini-sized versions of your child's favourite foods – a healthy lunch box does not mean giving up all the foods children enjoy.
- Check out the Guideline Daily Amount (GDA'S) information on the front of many food products and experiment with some different choices.
- Pop a cool pack or a frozen drink in the lunch box to keep it cool.
- Encourage your child to help make up their lunch box.

REMEMBER TO ALWAYS WASH HANDS BEFORE PREPARING AND EATING FOOD.

Did you know that these all count towards your 5 A Day?

- 100% pure unsweetened orange juice (only one glass a day counts though)
- A small handful of currants or raisins
- Frozen peas
- Tinned peaches in natural juice (not syrup)
- Fresh smoothies – either homemade or from the shops
- Tinned tomatoes
- Dried apricots
- Pure fruit ice lollies
- Tinned sweetcorn
- Vegetable soup

Morning Snack.

Instead of crisps or sweets at playtime try:

- A few grapes in a pot
- A carrot chopped into little sticks with a dip like low fat humous or fromage frais
- A handful of raisins or sultanas in a little bag