

Healthy Lunch Box
healthy picnic Meal



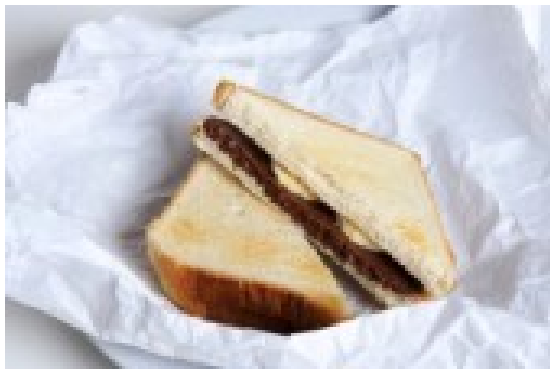
Muffin



Cake



Crisps



Chocolate Spread
Sandwich



Chocolate Bar



Sweets



Lollipop



Popcorn



Ice Cream



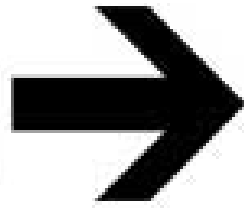
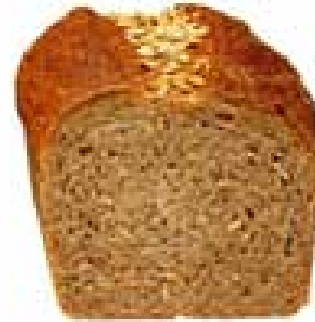
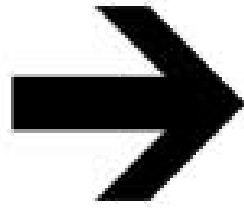
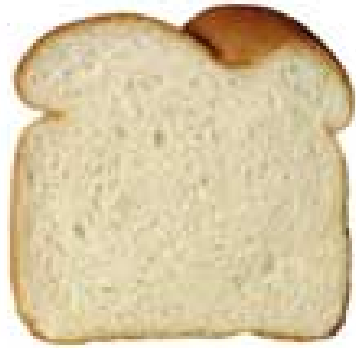
Biscuits



Coca Cola



Chocolate Pudding



"Healthy"

A healthy packed lunch should include



"Unhealthy"

A packed lunch should avoid



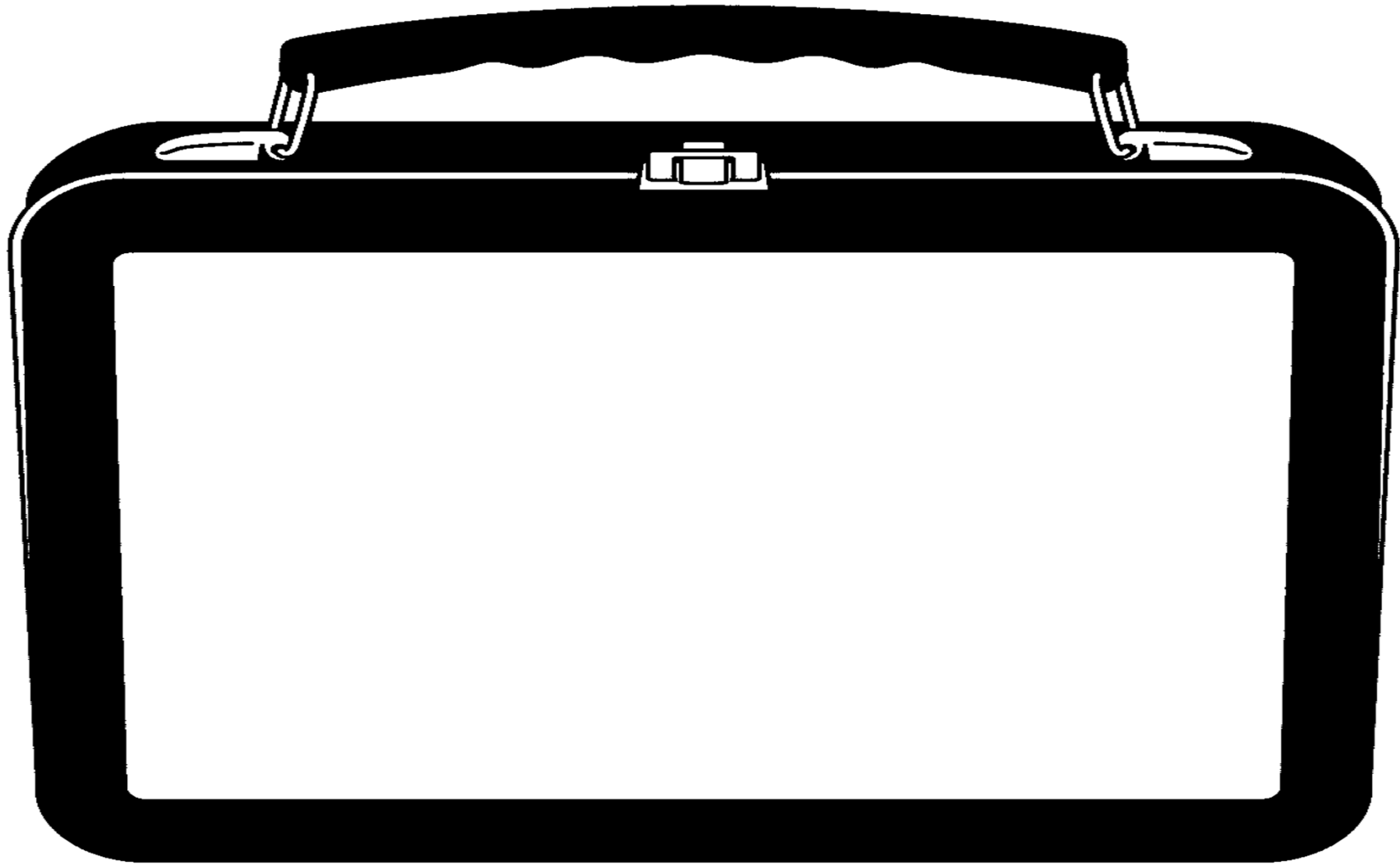
Source: Food Standards Agency



Name:

11.11.11

LO. I can design my own healthy lunchbox



change
4 life



<http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx>