



KINGS HEATH PRIMARY ACADEMY
Broadening Horizons

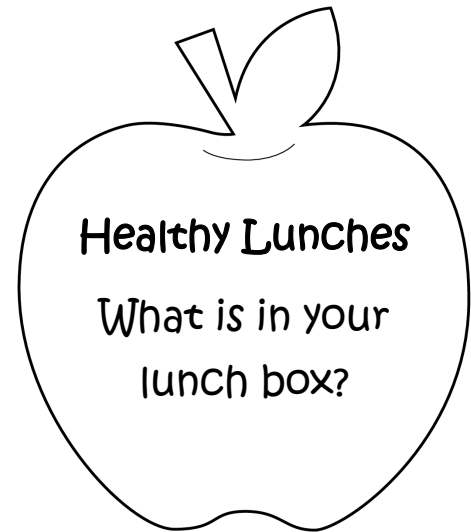
Ideas for a... Healthy Lunch

It is so important we make sure our pupils are getting a healthy lunch to help them learn and concentrate in the afternoon at school. There are lots of biscuits, chocolate and cakes appearing in lunch boxes and although a treat is OK the children should still have healthy items to help their development.

What you need to know

Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active.

A healthy, enjoyable lunch gives children the energy they need to learn and play at school.



Bread

Try to vary the type of bread such as wholemeal, granary or high fibre white bread.

Also make sandwiches from different kinds of bread including bread rolls, French bread, bagels and pitta bread

Drink

Avoid sugary and fizzy drinks. Instead use water or fruit juice.

Sandwich Fillings

Use a different sandwich filling each day - preferably including a fruit or vegetable.

For example
Chicken, lettuce and tomato
Grated cheese and carrot
Tuna and sweetcorn
Cheese and cucumber

Some fruit to try:

Seedless grapes
Satsumas
Small bananas
Apples
Plums
Dried fruit
Fruit salad

Some ideas for a healthy packed lunch!

Some vegetables to try:

Cherry tomatoes
Carrot sticks
Celery sticks
Cucumber chunks
Baby sweet corn
Grated carrot and raisin salad

Savoury Snacks

Rice cakes
Bread sticks
A boiled egg
Cheese and crackers
Nuts



Sweet Snacks

Scones
Malt loaf
A flapjack
Yoghurt
Teacakes

Useful websites:

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

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx>