



Tap
water

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Yoghurt

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Soft
drink

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Cheese

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Sausage roll

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Fruit
juice

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Tinned fish

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Corn kernels

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Chocolate milk

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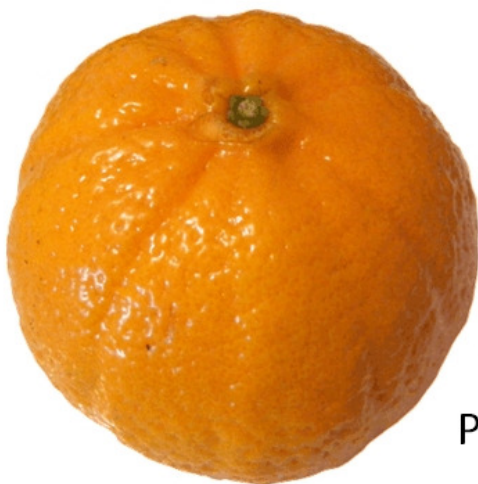
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Dried fruit

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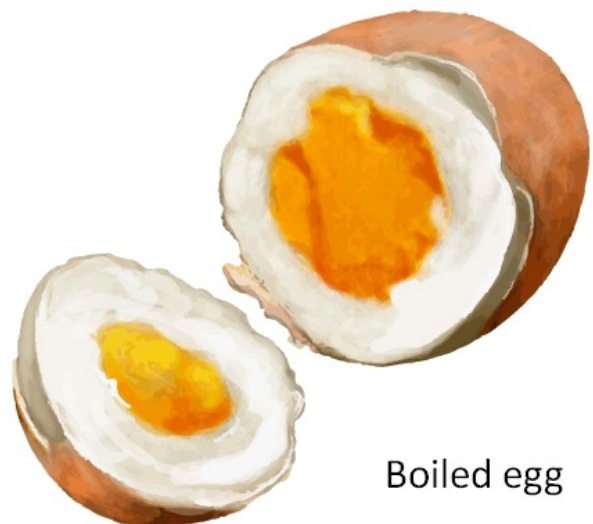
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Piece of fruit

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Boiled egg

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Sandwich

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Meat pie

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Cordial

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Chips

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Carrot sticks

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Pop corn

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Apple

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Chocolate

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Leftover

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Lollies

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Sweet biscuit

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Baked Beans

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Carrots

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Sweet
biscuits

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Miro-waved sweet potato

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Grapes

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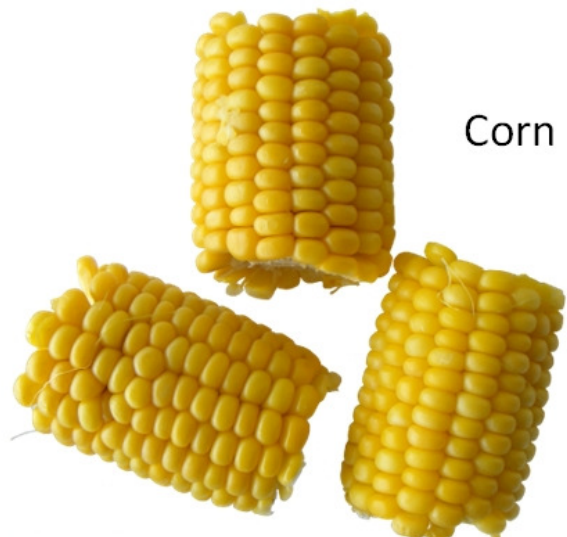
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Nuts

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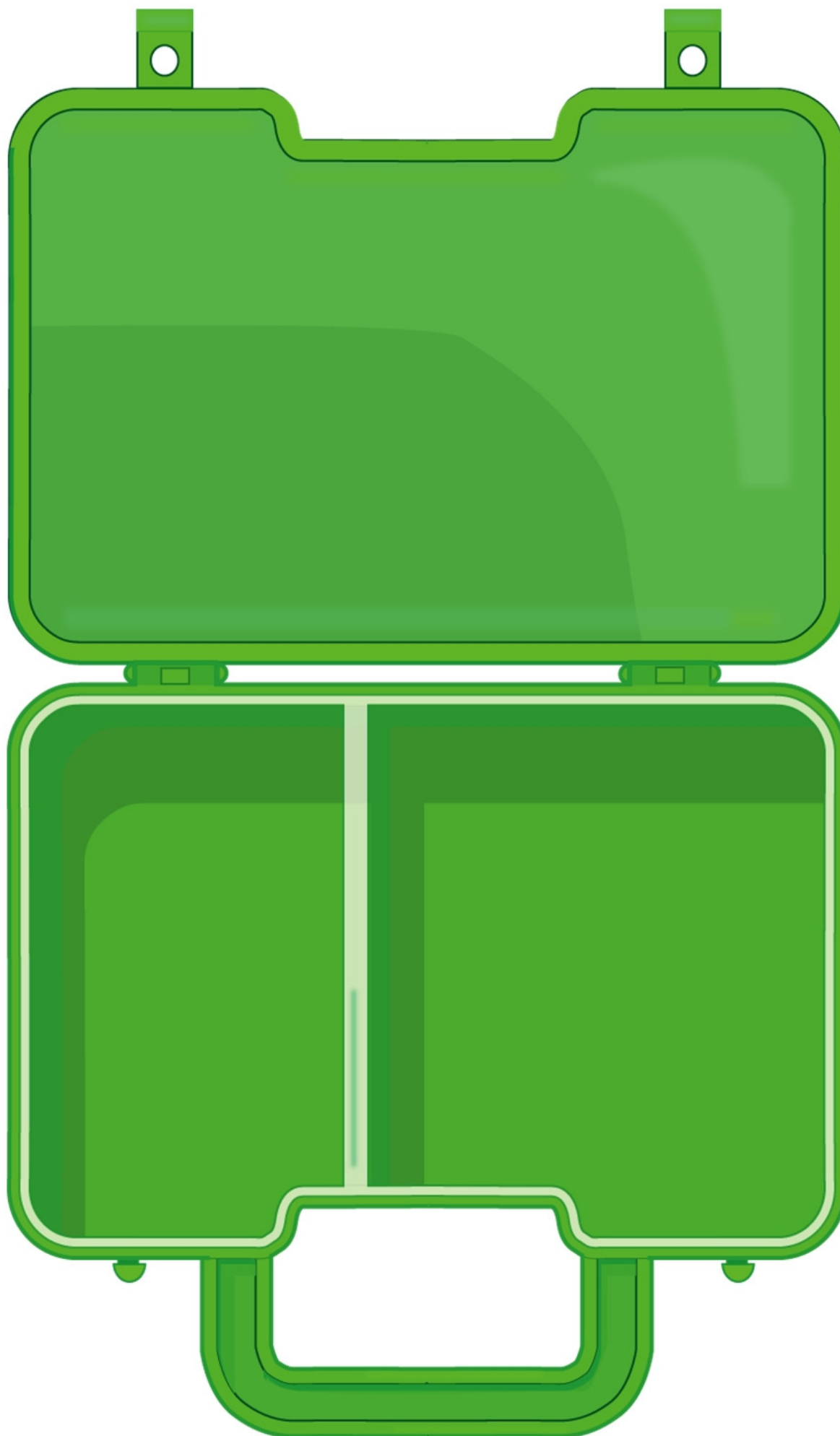
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Corn

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You must use your own professional judgement when using this resource

Purpose of resource:

To provide activities which encourage preparing a healthy lunchbox.

Key skills:

This resource could be used to support making good choices for lunch.

Grouping foods which could go into a lunch box

Target group:

This resource is designed to be used by Australians of all ages.

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