

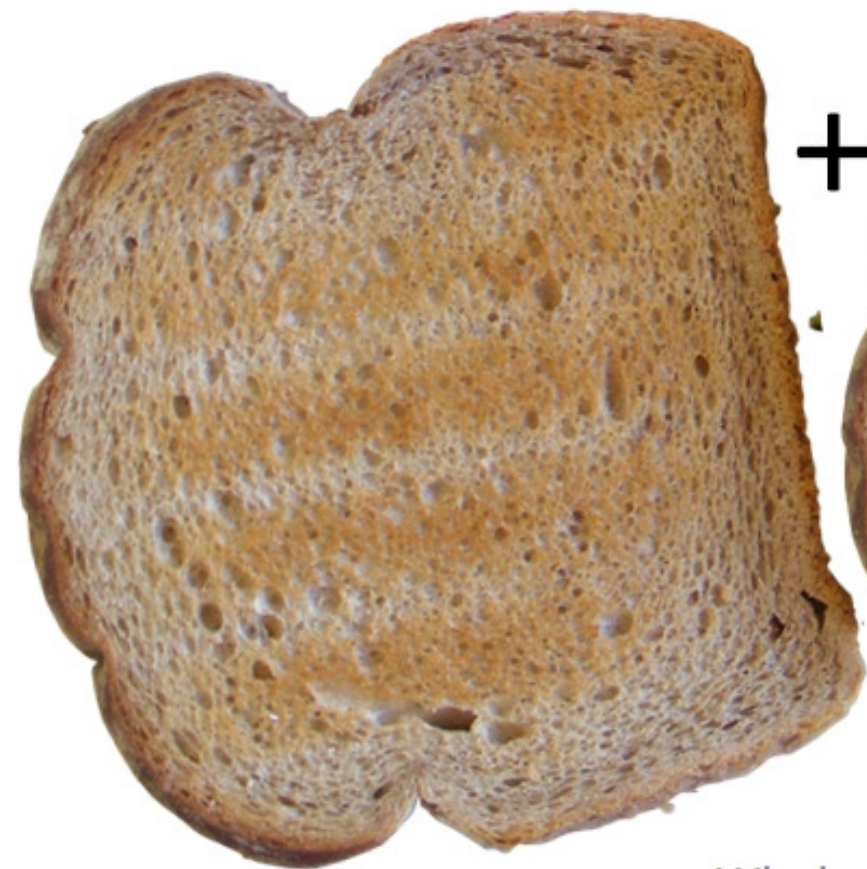
# Young person's Healthy Lunch



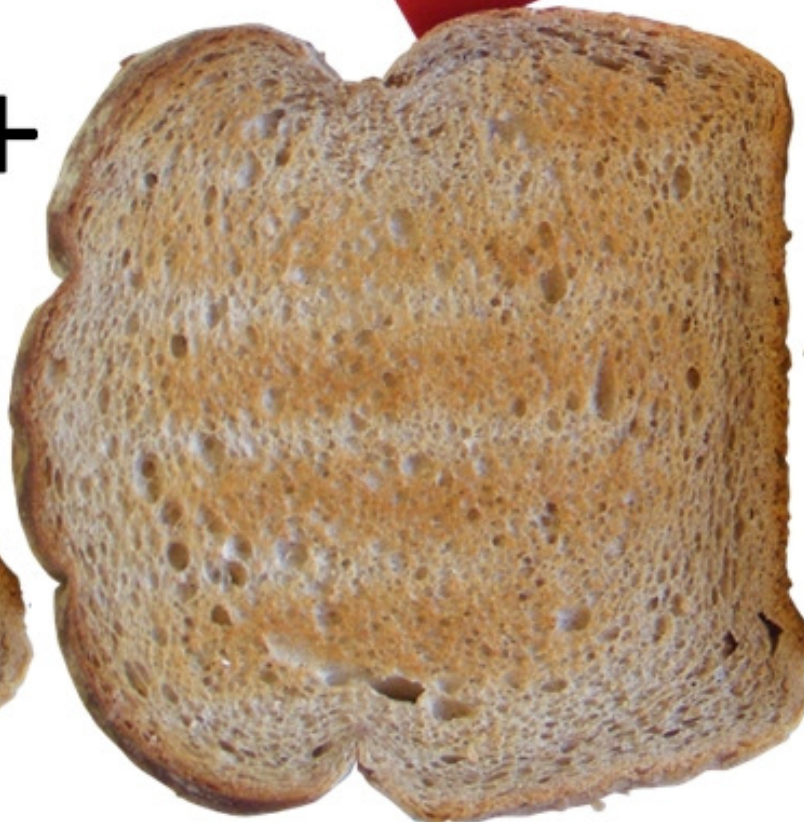
Apple



Pickle



+



No pastry quiche

Whole meal or light rye toast.

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## Health Professional Facilitator Information

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### Purpose of resource:

To provide an example of what a young person can have for Lunch

### Target group:

This resource is designed for use adolescents and young adults.

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