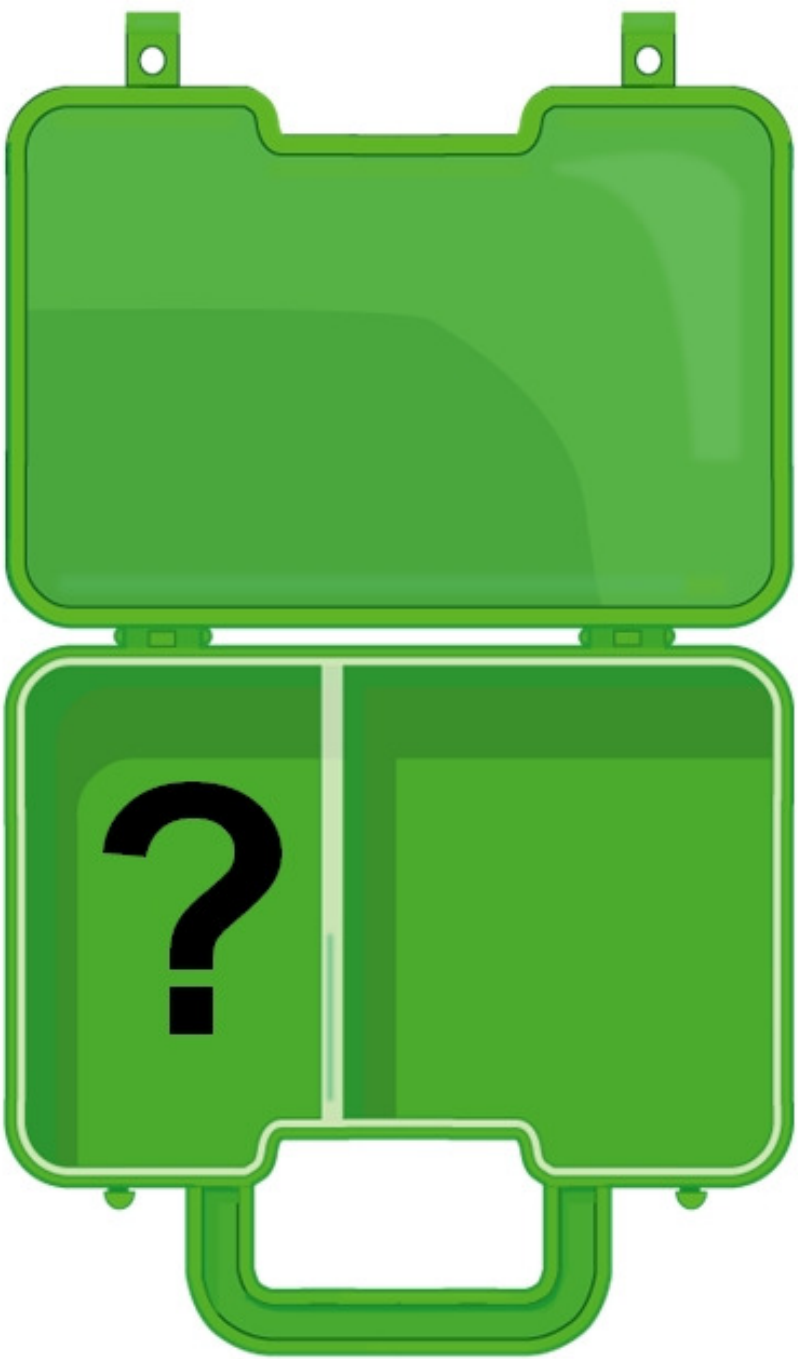


# Lunch box

Name:

## What do I have in my lunch box?

Fruit & vegetables



# Lunch box

## What do I have in my lunch box?

Cereals



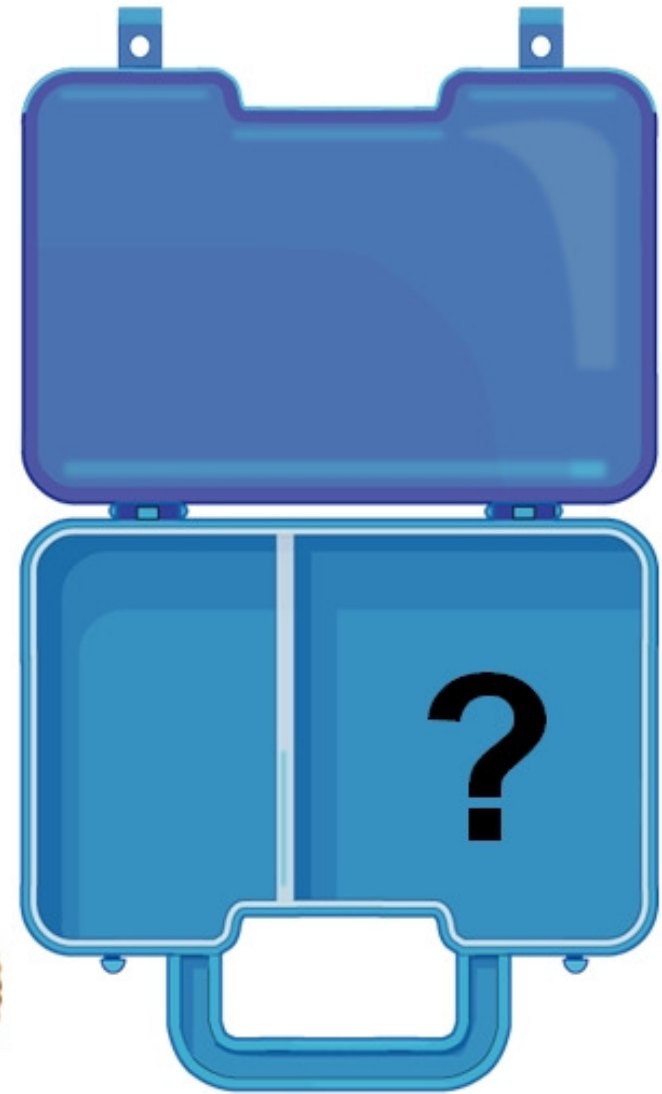
White



Wholemeal or multigrain



Damper



# Lunch box

## What do I have in my lunch box?

Dairy or protein



# Lunch box

## What do I have in my lunch box?

Drinks and extras



flavoured



# Lunch box

## What would I buy to put in my lunch box?

How much do these cost?



\$



\$



\$



\$



\$



\$



\$



\$



\$



\$

If I had

\$

what could I buy?

# There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

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

### Target group:

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

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