

# How to pack a healthy lunchbox

1. You need foods that will fill you up. You could have food such as sandwiches, wraps or pasta.

These foods give you lots of energy and they will keep you full.



2. Fruit and vegetables are a good choice to put in your lunchbox.

They will help keep you fit and strong.



You should aim to eat 5 portions of fruit or vegetables a day.



A healthy lunchbox



3. Drinking water will keep you hydrated and it is a healthy option for your lunchbox.

Fizzy drinks contain lots of sugar which can be bad for your teeth.



4. Snacks like chocolate or crisps should only be eaten in small amounts.

Why not swap these for a piece of fruit, a yogurt or some carrot sticks.

