

Parent Guide

How can I use this with my children?

Include your child in preparing their own lunches or use this information to prepare one for them.

How does this help my children's learning?

Healthy eating can help a child's physical development and growth; understanding what constitutes a balanced diet will help them as they become more independent.

Ideas for further learning:

Can your child sort foods into healthy and unhealthy choices? You can make this a game with real foods in a basket or lunch box, or [try a sorting game such as this one](#).



Lunch Box Parent Guidance

Sending your child into school with a packed lunch is a great way to ensure they're eating a balanced and healthy diet that will keep their energy levels up and ready for learning. You can plan your child's lunch (or encourage them to help plan their own) using some of the guidance below.

Ready, Steady, Go!

Foods that contain carbohydrates are great for giving us long-lasting energy, meaning your child will have plenty of go power throughout the day. You should try to get two portioned sources of carbohydrates in your child's lunch, such as:

- bread
- quiche (a slice or child-size)
- rice
- pitta
- pasta
- bagel
- crackers
- couscous
- wraps
- rice cakes



Tall and Strong

Foods containing calcium (like dairy products) can help to boost your child's bone growth, while protein-rich foods can help with muscle strength - that's why these foods are in the 'Tall and Strong' group! You should aim for one portion of these foods, which could include:

- yoghurt pots or tubes
- eggs (boiled or in a sandwich)
- meat (e.g. chicken or ham)
- pulses (e.g. chickpeas or sugar snap peas)
- cheese slices, cubes or sticks
- fish (e.g. tuna)



Healthy Glow

Fruits and vegetables are fantastic sources of vitamins and minerals that keep your body healthy. They're also a good source of fibre, too. You should try to get two sources of these foods in your child's lunch, including:

- fresh fruits like apples, strawberries or oranges
- canned fruits (like pineapple or peach slices in juice)
- cut vegetables (like cucumber, bell peppers and carrot)



No, No, No!

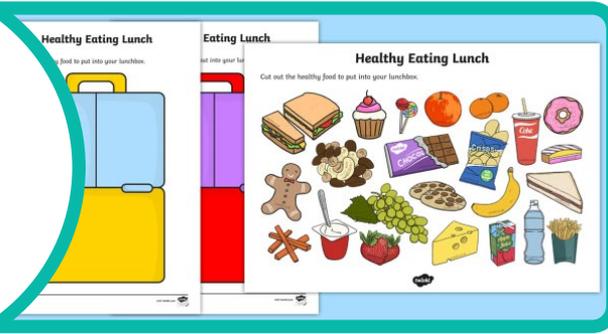
There are some foods that aren't appropriate for school lunches, including excessive snacks or fast foods. Many schools are also nut free, so precautions should be taken when considering nut products. The following foods can be enjoyed in moderation at home but should be avoided at school:

- takeaway (leftovers such as pizza)
- large bags of crisps (i.e. sharing packs)
- sugary biscuits
- fizzy drinks
- sweets

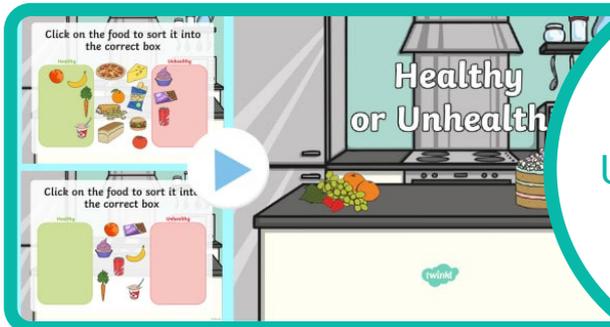


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Healthy Eating Lunch Activity



Sorting Healthy and Unhealthy Foods Interactive Game



Food Groups PowerPoint Presentation



Quick Facts: Food Groups Video



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