

St. Ethelbert's Catholic Primary School Healthy Lunch Initiative

#WeAreHealthy

Every day in my lunch box there should be:



FRUIT/ VEG

Eating fruit and vegetables will provide a wide range of nutrients to keep children healthy.

- **Cucumber, carrots, tomatoes**



PROTEIN

Protein helps to build and repair the body. It is found in meat, fish, eggs, lentils and many more.

- **Chicken, pork, seeds**



MY LUNCH



Water is important to stay hydrated. Children should drink 5-7 glasses per day.

- **No fruit juice**

WATER



Dairy is important to keep bones and teeth strong. It is essential for growth.

- **Boiled eggs, cheese, yoghurt**

DAIRY