

Eat Clever

Eat Smart



School meals are meeting new standards. They have freshly prepared menus by qualified cooks who know what you need for a balanced diet.



Packed Lunches

Keep your packed lunches clean and cool:

- Ideally, lunchboxes should be kept in a cool place
 - Freeze your drink or yoghurt to keep your food cold
- Pure 100% juice counts once towards your 5-a-day. Juice drink usually means added sugar.
 - Wrap foods separately
- Wash your lunch box every day to keep it nice and clean



Daily Check List

School meals and packed lunches should include:

- ✓ 2+ portions of fruit & vegetables
- ✓ A variety of bread and other starchy foods
- ✓ A portion of milk, yoghurt or cheese
- ✓ A portion of meat, fish, beans or eggs
- ✓ Healthy drink choice (milk, water or 100% fruit juice)



Menu Ideas



Egg Sandwich Lunch

Egg and cress sandwich on high fibre white bread; fruit malt loaf, crunchy apple, raisins and a bottle of spring water.

**Apple + Raisins =
2 of your 5 portions**



Chicken Salad Lunch

Salad with roast chicken, cherry tomatoes, celery, green peppers and a mixture of lettuce; brown roll, fruit and cereal bar, and fruit juice.

**Salad + Fruit Juice =
2 of your 5 portions**



Pasta and Salad Lunch

Pasta salad with tuna, grated carrot, sweetcorn, cherry tomatoes and lettuce; wholemeal roll, fruit yogurt and fruit juice.

**Salad + Fruit Juice =
2 of your 5 portions**



Extras

Bite-size vegetables and fruit sticks with milk.

**Fruit / Vegetable Sticks =
1 of your 5 portions**



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

Fruit and vegetables provide vitamins and minerals to help keep you fit and healthy

Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods

Starchy foods provides a good source of energy



Meat, fish, egg and beans help your body grow and repair

Meat, fish, eggs, beans and other non-dairy sources of protein

Foods and drinks high in fat and/or sugar

Too much fat is bad for your health and sugar can contribute to tooth decay

Milk and dairy foods

Milk and dairy foods help keep your teeth and bones strong

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Oral health tips:

- Fresh fruit juices and dried fruit are best kept for meal times
- Brush twice a day with full strength family fluoride toothpaste



For more information and ideas why not log onto www.healthyschools.gov.uk