



"A healthy lunch is a healthy choice. I eat lots of fruit and veg because I like it and it is yummy. My favourite is pineapple with mint from my garden."
Evie aged 7

Healthy Eating What the children Say!

"My packed lunch is really healthy. You need to have a healthy packed lunch to have a healthy heart."
Mya aged 6

"I now know what to eat and what not to eat. I make my mum buy healthy things for my packed lunch. Being healthy is really important for the heart, mind and body!"
Lewis aged 10

"My favourite snack is cucumbers, tomatoes and carrot sticks. I eat them every day."
Dominic aged 10

"We need a healthy lunch for a healthy day - instead of chocolate and sugar, eat fruit and salad like me!"
Luke aged 9

