



**BISHOP  
HOGARTH**  
Catholic Education Trust

# Healthy Packed Lunch



A balanced lunch helps you stay energised, focused, and ready to learn. Including a variety of foods gives your body the right mix of nutrients to grow strong and stay healthy. The more colours and textures in your packed lunch the better!

Pick one food from each box every day:

## Fruit

(\*e.g. Apple slices, banana, grapes, dried apricots)



## Drink

(\*e.g. Water or milk)



## Carbohydrates

(\*e.g. Wholemeal bread, wraps, pasta, rice cakes)



## Protein

(\*e.g. Chicken slices, boiled eggs, hummus, tuna, tofu)



## Vegetables

(\*e.g. Cherry tomatoes, cucumber sticks, carrot, pepper strips)



## Calcium

(\*e.g. Cheese cubes, yoghurt, soya)

