



## Lunch Box Guidance

At ABC Pre-School Beddington we promote healthy eating. A balanced and nutritious packed lunch will keep your child's energy levels up ready for playing, learning and fun! You can plan your child's lunch using some of the guidance below.

A balanced lunch box should include something from each **four key food groups**:

**a carbohydrate-rich food**

**a protein source**

**a dairy/dairy alternative**

**at least one portion of fruit and/or vegetables**

These four key groups are crucial for children's growth and development. You can also include a small treat such as a mini cake, a biscuit or a bag of crisps.

### Carbohydrates

Foods that contain carbohydrates are great for giving long-lasting energy, so your child has plenty of energy throughout the day. You could include:

- Bread
- Pitta
- Wraps
- Crackers or breadsticks
- Rice and other grains
- Pasta or noodles



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**Top tip:** Get your child involved in preparing and choosing what goes in their lunch box – they are more likely to eat it if they helped make it.



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### Proteins

Protein is vital for your child due to its role in rapid growth and development. It helps build muscles and tissues, builds a strong immune system and aids in brain development. Add protein to your child's lunch by including your protein choice in a sandwich, wrap or salad.

You could include:

- Beans and pulses
- Meat and poultry
- Fish
- Eggs
- Meat alternatives
- Tofu / falafel
- Hummus
- Cheese



### Dairy or Dairy Alternatives

Dairy or Dairy Alternatives Food containing calcium (like dairy products) can help to boost your child's bone growth while protein-rich foods can help with muscle strength. You could include:

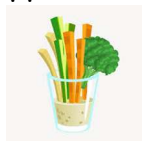
- Cheese
- Low sugar yoghurt
- Fromage frais
- Soya and other dairy alternatives



### Fruits and Vegetables

Fruits and vegetables are fantastic sources of vitamins and minerals that keep your child's body healthy. They are also a good source of fibre. Try to provide two sources of these foods in your child's lunch. You could include:

- Fresh, frozen or dried fruit such as apples, strawberries or oranges.
- Tinned fruits like pineapple or peach slices in juice (taken out of the tin)
- Vegetable sticks like cucumber, carrots or peppers



### Things to avoid:

- We are a 'nut free' school (this includes Peanut Butter and Nutella)
- No sweets
- No sugary or fizzy drinks (Plain water only please)