

Packed Lunch Suggestions at Primrose Hill Primary School

Foods that should be included EVERYDAY:		Why?
✓ A starchy food	Such as any type of bread, pasta, rice, couscous, noodles, or potatoes. Wholegrain varieties such as granary or wholemeal bread or pasta and brown rice are even better choices.	These foods give your children energy as well as containing fibre and important vitamins and minerals such as Vitamin B.
✓ Fruit	At least one portion of fruit every day.	Fruits contain many vitamins and minerals
✓ Vegetables	At least one portion of vegetables every day.	Vegetables also contain many vitamins and minerals and make low fat, filling snacks for children.
✓ Meat, fish or other sources of non-dairy protein	Such as turkey, chicken, ham or tuna. Non-meat options could include eggs, lentils, kidney beans, chickpeas, hummus or falafel, particularly if your child is vegetarian. Avoid processed meat options such as sausages.	Protein foods aid growth and repair, as well as providing minerals such as iron.
✓ Dairy foods	Such as milk, cheese, yoghurt, fromage frais and soya products. Choose unprocessed varieties of cheese and natural or plain low fat greek yoghurts instead of flavoured if possible.	Dairy foods provide calcium which is essential for healthy bone development and growth.
✓ A drink	Water is always the best choice of drink for children.	Drinking plenty of water throughout the day will keep children hydrated and aid concentration in school.

Other foods that could be included in a healthy packed lunch:

✓ Oily fish	Such as salmon, mackerel, kippers, trout. Include an oily fish at least once every three weeks .	Oily fish contains Omega-3 which contributes to brain function.
🍩 Dessert	A fruit based dessert such as fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings (eg. Muller Rice), fruit smoothies and fruit based cakes and crumbles could be included.	High fat and sugar desserts should be avoided, however including a fruit-based dessert can be a great way of encouraging children to eat more fruit.

Foods to be avoided or not to be included in a healthy packed lunch:

X High fat and salt snacks such as crisps, cakes and biscuits <i>are not permitted</i> .	Instead of high fat and sugar snacks you could include seeds, savoury crackers or breadsticks, vegetables and fruit. Fruit or vegetable based cakes are permitted but should be limited.	Consuming salty snacks can contribute to dehydration, and also to high blood pressure in later life.
X Confectionery is not permitted	Products that contain chocolate as well as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.	These foods are high in fat and sugar which can contribute to weight gain and tooth decay. These foods also provide little nutritional benefits for children.
X Meat and vegetable products should be avoided	Such as sausage roll, individual pies, corned meat, samosas and sausage/chipolatas should be included only occasionally.	These products are often of low quality meat and contain high amounts of fat.
X Fizzy or high sugar drinks <i>are not permitted</i> .	Such as Capri Suns, Frute shoots, Ribena and Sunny D. Opt for water!	Fizzy and high sugar drinks can contribute to tooth decay and weight gain.

The Eatwell Plate Model A balanced diet should be based on the Eat Well plate model.

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.

