



Which one is healthier and why?

High fat
content

Lots of
high sugar
foods

3 different
chocolate
treats



845 calories

46g fat

21.9g saturated fat

41g sugar

2.42g salt



Something
from all
food groups

Child sized
portions

495 calories

8.8g fat

3.2g saturated fat

7.9g sugar

2.15g salt

Lunch box ideas



Can you plan a healthy lunch box with a maximum of 5 items?
Include something from each food group.

