

Each day choose foods from each group for the pack lunches- active teenagers will need two bread/ cereal options and they will all need 2/3 choices from the fruit and vegetables. This will provide a balanced diet across the main food groups and make a great start towards their daily requirements for growth, concentration and sports! Older children can take responsibility for preparing their own lunch box, encouraging them to think about balancing their meals effectively.

# Pack lunches

for Secondary School aged children

Name:

...And remember the water bottle



### Breads and cereal food group



These foods are carbohydrate based and therefore provide a good source of energy.

Bread rolls or sandwich bread  
Wraps, pita pockets, buns, raisin bread  
Crackers  
Muffins or savoury scones

Serves of pasta salads or rice salads, or rice could be in the form of sushi.

### Fruit and vegetable food group



Fruit is another good source of energy and vegetables are great for vitamins.

Fruit (raw or pottles of stewed fruit) or dried fruit

Cocktail tomatoes, carrot or cucumber, salads, etc.

For the more adventurous, gherkins and olives

### Dairy food group



Dairy foods are a great source of protein, which satisfies hunger and helps to repair the body. Dairy based foods are also a great source of calcium.

Cheese – sticks or in sandwiches or with crackers

Yoghurt or yogurt drinks

Flavoured milk

Cottage cheese

### Meat and meat alternative group



Whether the protein comes from this group, or the dairy group, aim to include a protein based food in the lunch box daily to help ensure the lunch box satisfies your teenager's appetite.

Meat, chicken & fish (tuna, salmon)

Baked beans or other dried beans such as chickpeas.

Egg

These could all be served separately, or as part of a sandwich filling, or as part of a salad.

Nuts

You may also want to add one of the following treats occasionally:  
Baked muesli bars, natural jellies in a bag, popcorn, home made fruit muffins