



Fresh Food

Kids

Discovery Tour

**ELC &
Kindergarten
'Build a
lunch box'**



Instructions

In this activity, your students choose their favourite fruit and vegies to have at lunch-time.

It's designed to help kids make better food decisions – literally! Just print out the fruit and vegies on the last page, cut out a stack, and let your kids decide on their favourites!

A good lunchbox has 1 portion of dairy, 1 portion of protein, 1 portion of grains, 2 portions of vegies and 1 portion of fruit.

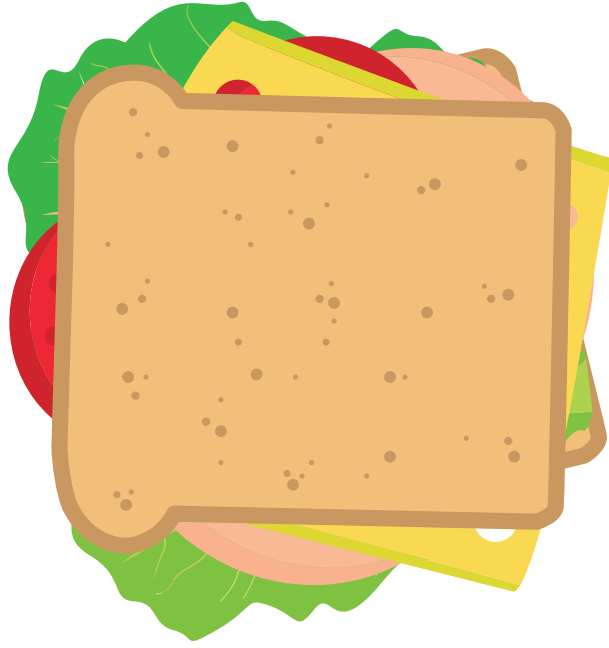
But since all of us need 5 portions of vegies and 2 pieces of fruit a day – it won't matter if your kids load them up with heaps of both!



Dairy

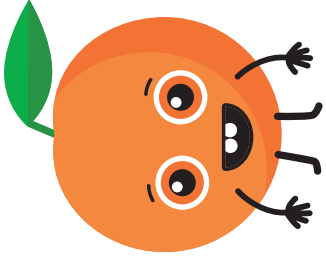


Fruit

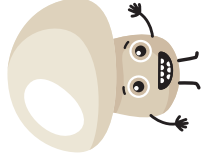


Veg

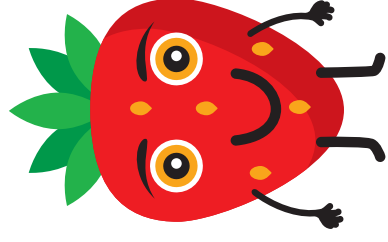
Grains and protein



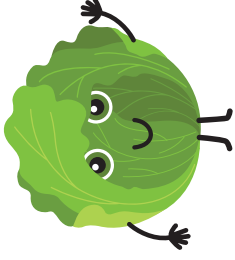
Orange



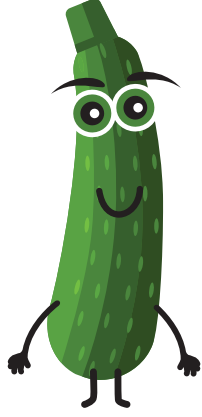
Mushroom



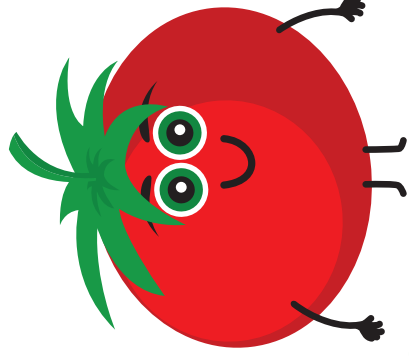
Strawberry



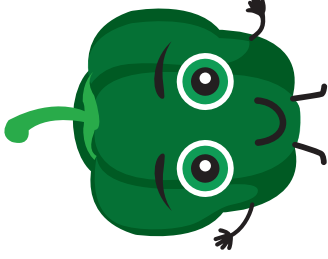
Lettuce



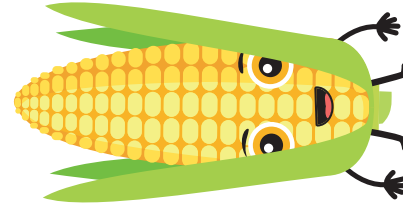
Zucchini



Tomato

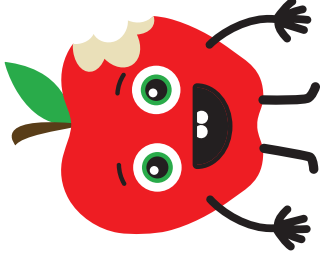
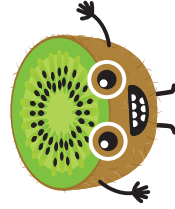


Capsicum



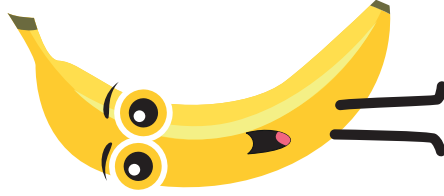
Corn

Kiwi fruit

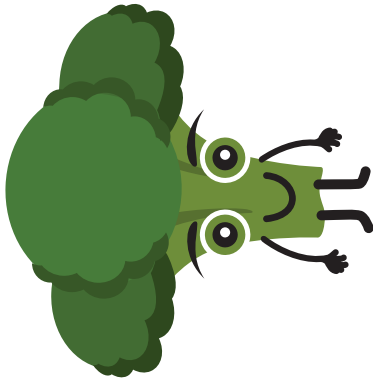
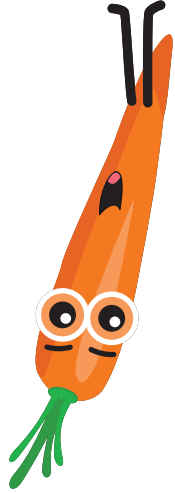


Apple

Banana



Carrot



Broccoli

Blueberry

