

# Healthy lunchbox checklist

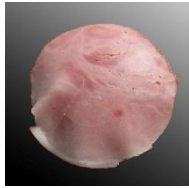
**NO NUTS PLEASE - they make some people very poorly!**



Something to give energy e.g. bread, wraps, pasta.



Something to give protein e.g. ham, chicken, cheese.



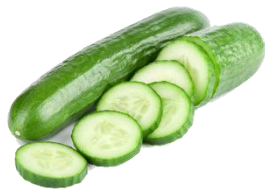
Something good for our bones and teeth e.g. yogurt, cheese, some soya products.



Fruit e.g. water melon, blueberries, banana, strawberries.



Vegetables e.g. cucumber, lettuce.



A healthy drink e.g. water.

