

Fill the lunchbox with healthy traditional or Australian foods.
There are many different ways to enjoy lunch at school.



Food for school



- › In Australia, school students take lunch to school.
- › They need enough food for the whole school day.
- › There are two meal breaks.
- › Food for school needs to be cooked, ready to eat and stored safely.

Pack a lunchbox with one or more from each of these groups:

Breads and grain foods for learning and playing



Meat, fish, eggs, beans, dairy and soy foods for growing strong



Fruit and vegetables for keeping healthy



10 Lunch is now ready for school



1 Wash hands



Buy containers from the supermarket or second-hand stores



2 Prepare food and containers



3 Add breads and grain foods for learning and playing



4 Add meat, fish, eggs, beans, dairy and soy foods for growing strong



Use wraps, flat bread, roti, naan or injera



5 Add fruit and vegetables for keeping healthy



6 Wrap food or place in containers



7 Place in lunchbox



Choose a lunchbox with special lining to keep food cool



8 Fill a bottle of water from the tap



9 Add frozen ice brick to keep food cool



Different types of ice bricks



10 steps to a healthy lunch

