



# HEALTHY FOOD AND DRINK CHOICES

## FACTSHEET

## Tips for making healthy food and drink choices – Parents and carers

Children’s energy needs for a busy day at school require them to eat a variety of foods. Children will have the best chance of getting all the nutrition they need if they are offered a variety of tasty and healthy foods every day.

Over their schooling life children can consume up to 2500 meals. Therefore it is crucial that these meals are nutritious, whether brought from home or purchased from the school canteen. All meals should reflect healthy food choices.



### Healthy foods allow children to:

- ✓ grow and develop
- ✓ concentrate.

### Lunches from home reflect:

- ✓ personal choice
- ✓ parental knowledge about health and nutrition.

### Parents and carers can support healthy food and drink choices. When making lunches at home:

- ✓ include bread, wholegrains, rice, pasta or noodles (try wholegrain for extra goodness)
- ✓ include reduced fat milk, cheese or yoghurt
- ✓ include some meat, fish, chicken, eggs
- ✓ go for 2 (fruit) and 5 (vegetables).

### Some lunch ideas:

- ✓ sandwiches, rolls or wraps
- ✓ quiche
- ✓ mini pizza with cheese and vegetable toppings.

### These foods and drinks are not good choices for school lunches:

- ✗ chips, crisps and similar snacks
- ✗ high fat savoury biscuits and snacks
- ✗ sweet biscuits and cereal bars
- ✗ lollies and chocolates.

✓  
**GREEN**  
FILL THE MENU



⊖  
**AMBER**  
SELECT CAREFULLY



⊗  
**RED**  
OFF THE MENU

