

IN MY

# LUNCHBOX

BRAIN  
FOOD

MINDFUL  
MUNCHIES

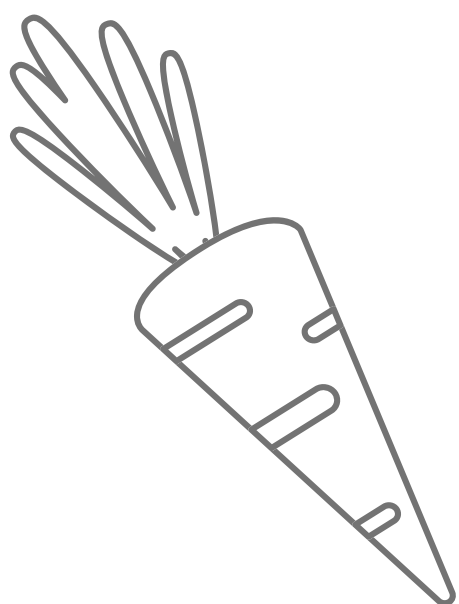
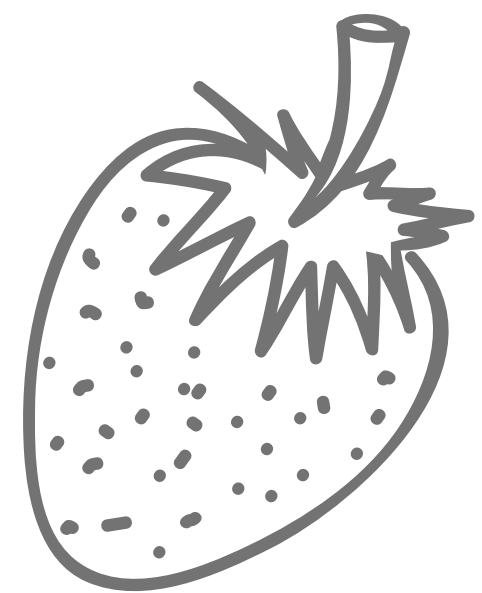
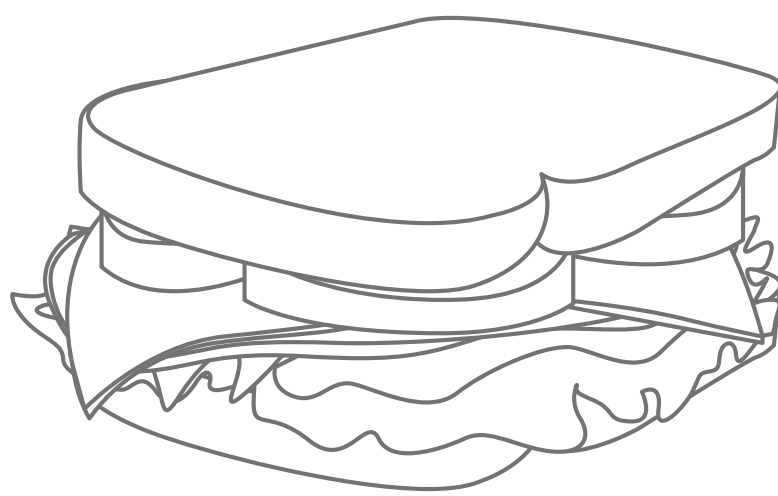
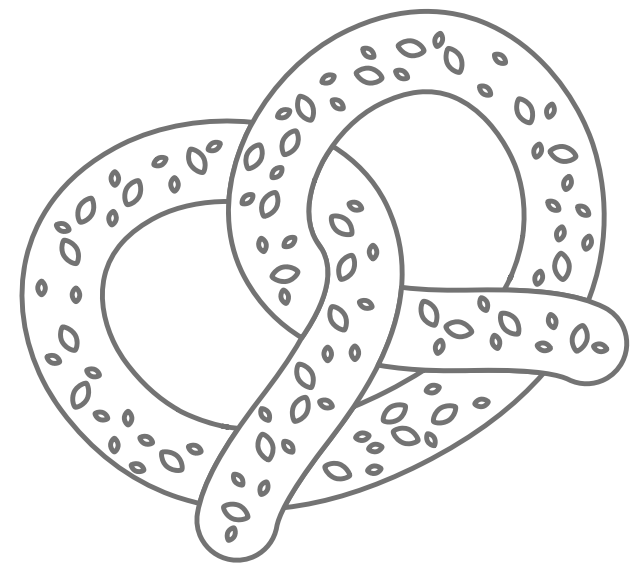
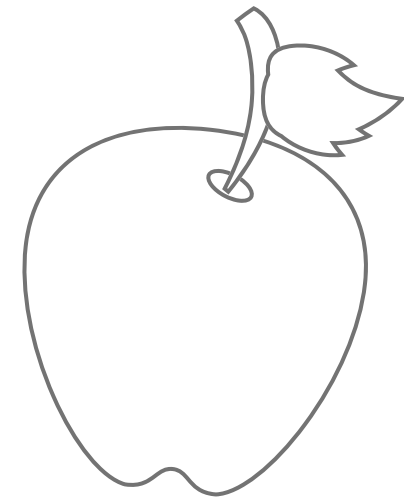
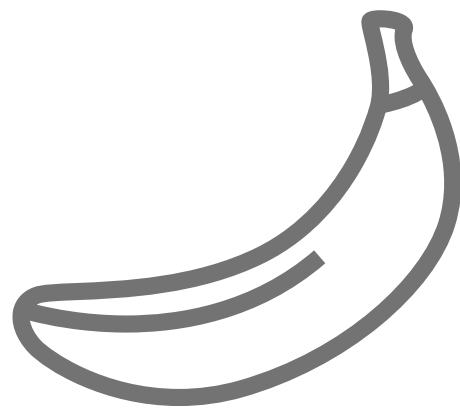
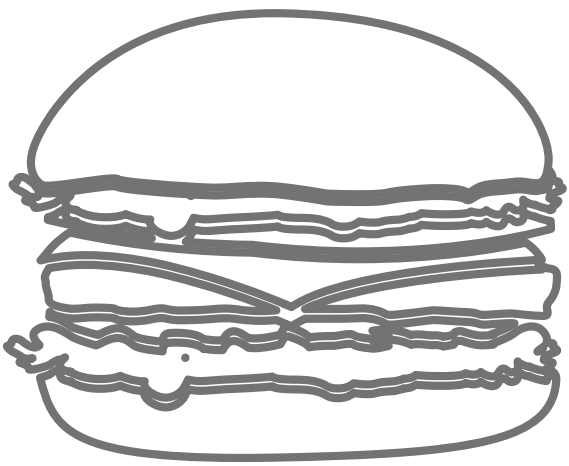
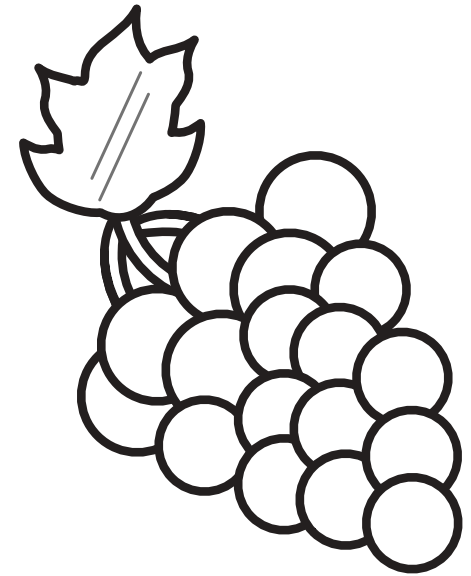
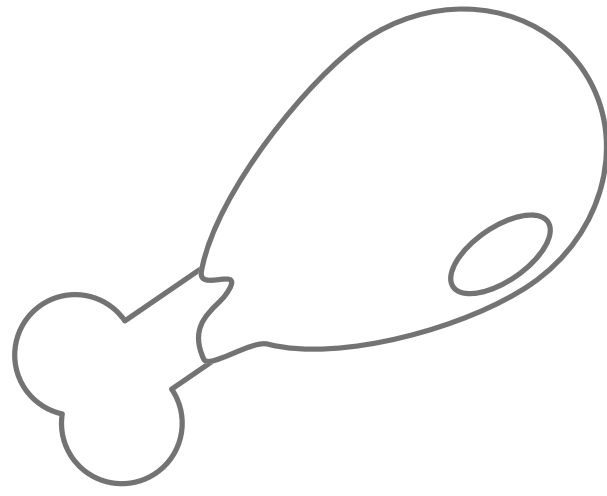
POSITIVE  
PORTIONS

EVERYDAY  
FOODS

TASTE BUD  
TEMPTATIONS

SOMTIMES  
FOODS

# IN MY LUNCHBOX



1. Colour in and cut out each of the food choices on the page.
2. Have a try at creating your healthy lunch box with a mix of choices, how many varieties can you make?  
*\*Get an adult to help if you need.*  
*\*You could even draw & cut out some of your favourite foods to add*

