

GREEN FOODS, HEALTHY ROOTS

LUNCH BOX INITIATIVE at

UNIVERSAL PUBLIC SCHOOL



School-age children need to eat foods from all five healthy food groups – vegetables, fruit, grain foods, dairy and protein. **Healthy foods have nutrients that are important for growth, development and learning. Limit salty, fatty and sugary foods, low-fibre foods, and drinks with caffeine or a lot of sugar. Fruit and veggies give your child energy, vitamins, antioxidants, fibre and water.**



Encourage your child to choose snacks from the healthy food groups. This can include things like nuts, cheese, low-fat yoghurt and fresh fruit or vegetables. It is important to encourage breakfast, because a good night's sleep followed by food in the morning helps your child stay active and concentrate at school. For schoolchildren, family mealtimes are a chance to share and talk about the day's activities and events.