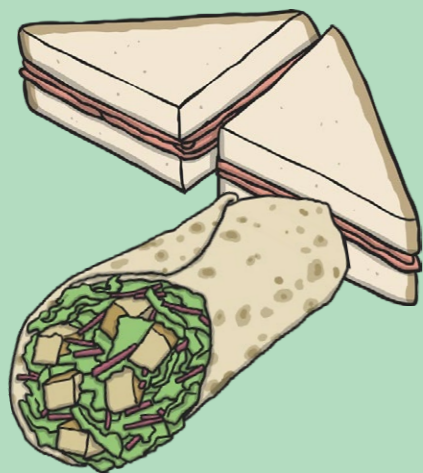


Healthy Lunchbox!



Healthy things



Salad, lots of fruit,
vegetable sticks,
yoghurts, sandwiches
and wraps, juice
and water.



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Things to avoid



Biscuits, chocolate,
cakes, fizzy drinks,
salted nuts
and crisps.

