

EVERYDAY EATING!

Name: _____

MISSION 1:

Fill your child's lunchbox with 'everyday' foods – foods that are nutritious to eat. Leave the other 'sometimes' foods out of lunchboxes and save them for special occasions.

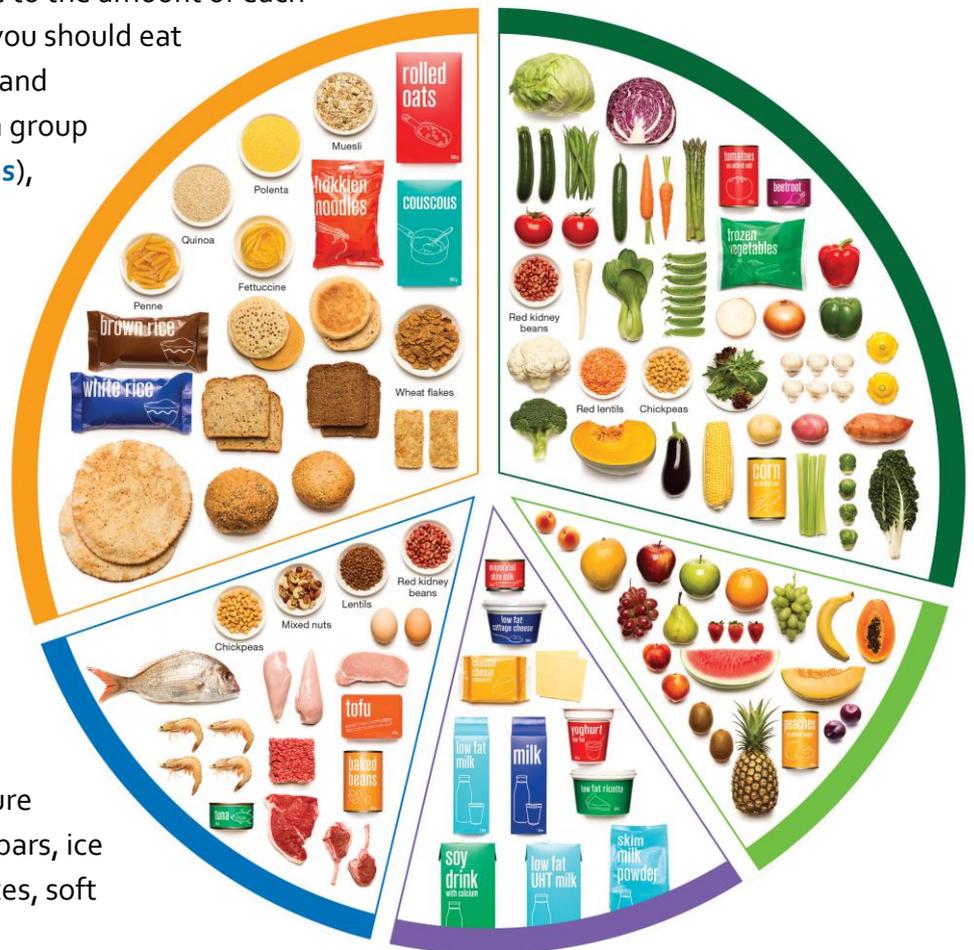
FAST FACTS:

EVERYDAY FOODS

These foods come from the 5 food groups in the picture below, should be eaten every day and should fill the lunchbox! The size of each food group is proportionate to the amount of each group you should eat – so in a day you should eat mostly **bread, grains and cereals** and **vegetables** followed by the protein group (**lean meat, fish, eggs, nut & beans**), **fruit** and **low fat dairy** foods.

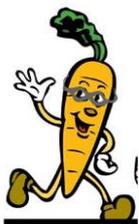
SOMETIMES FOODS

Sometimes foods are usually high in sugar, salt and \ or fat and offer little or no nutritional value. This is why they should only be eaten sometimes and in small amounts. They should not be eaten every day and **should not be part of your child's lunchbox**. These include the foods in the picture below such as lollies, chips, muesli bars, ice cream, chocolate, biscuits, iced cakes, soft drinks and cordial.



HANDY HINTS:

- Include at least one food from each of the five food groups in your child's lunchbox
- For example a **hard boiled egg**, small **low fat yoghurt** with **muesli** sprinkled on top, container with **cherry tomatoes**, **snow peas** and **sweet red capsicum**, **strawberries**, **cheese cubes** and **wholegrain crackers**.
- Children who help choose and prepare their lunchbox food are more likely to eat it! So encourage your kids to help select what they would like and use this as an opportunity to guide them towards healthier choices. It's a great chance to explain why sometimes foods are not best for lunchbox foods.
- We learn about everyday and sometimes foods here at our childcare service so talk to your own Nutrition Ninja (child) about them!



NUTRITION NINJA SAYS

When I eat nutritious, everyday foods I feel...

After discussing as a group, ask each child to draw a picture of how they feel when they eat **EVERYDAY** foods