

# Healthy Options



Snacks that you can have as part of your healthy packed lunch are:

- Any fruit
- Dried fruit — raisins, apricots, coconut
- Cereal bars—*not chocolate bars!*
- Carrot sticks
- Raw peppers
- Fruit salads

Use your snacks to help you have your '5-a-day'!

# Fruit Ideas



Apples

Grapes

Satsumas

Pineapples

Pears

Oranges

B  
a  
n  
a  
n  
a  
s

Try some of these fruits—they are very tasty!



# Healthy

# Snacks



# Have you had your 5-a-day?



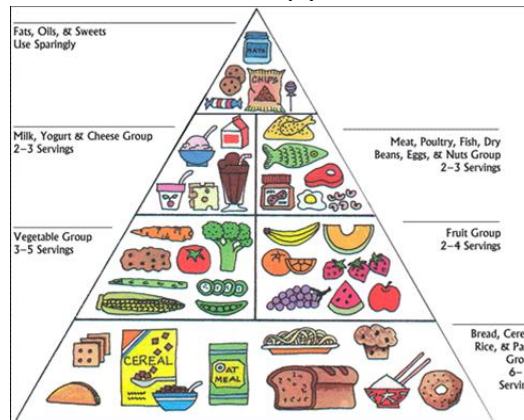
## Healthy Snacks

Healthy snacks are an important part of your diet. As well as being **tasty**, making sure that you eat the right kinds of snacks will help you to feel **healthier**, **fitter** and will help you to **concentrate**.

## Why are Healthy Snacks Important?

Eating **healthy snacks** will help you to make sure you **eat 5 portions of fruit and vegetables a day**—which everybody needs to have to **stay fit and healthy!**

The **food pyramid** helps us to remember to eat the right amount of different types of food.



## Healthy Snack Bar

Open from 24th September at break time

**Fruit Bags** (**Apricots** or raisins) 20p

**Milk Shakes** (**Strawberry** or chocolate) 30p

Yoghurt 30p

**Fruit Juice** (**apple** or **orange**) 30p