

FUEL YOUR BODY WITH HEALTHY FOODS



Fruit kebabs



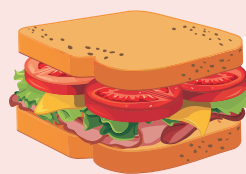
Fresh whole fruit



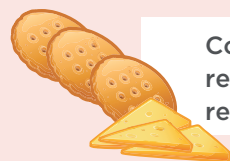
Raisin bread



Trail mix - dried fruit and nuts



Wholegrain bread for sandwiches/rolls/wraps



Corn/rice crackers with reduced fat dip or reduced fat cheese



Veggie sticks and hummus



Bbq corn cobs



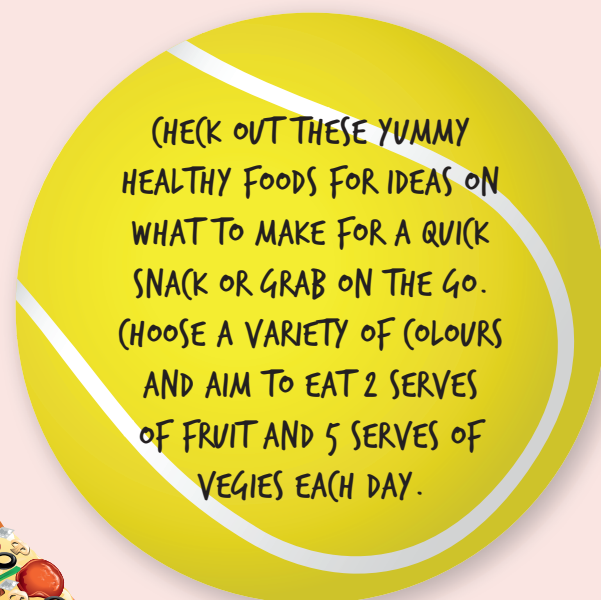
Reduced fat yoghurt tubs



Diced fresh fruit cups



Salad wraps



Wholegrain pizza with vegetables and lean meat



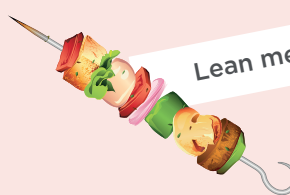
Wholemeal breakfast cereal cups with reduced fat milk



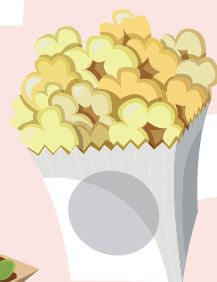
Reduced fat smoothies



Pikelets



Lean meat kebabs



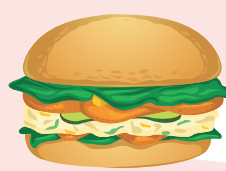
Plain popcorn snack packs



Pasta/rice salads

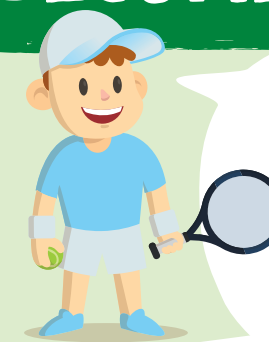


Bean nachos



Grilled fish burger on wholemeal buns

BECOME A HEALTHY HOT SHOT



HEY KIDS, WHETHER IT'S IN THE CLASSROOM OR ON THE COURT, FILL YOUR BODY WITH HEALTHY FOODS AND DRINKS TO PERFORM AT YOUR BEST. MAKE FUN RECIPES AT HOME FOR HEALTHY SNACKS AND ALWAYS PACK LOTS OF COLOURFUL FRUITS AND VEGIES INTO YOUR LUNCHBOX.



FROZEN FRUIT SORBET

INGREDIENTS

Banana sorbet

3 ripe bananas, frozen

Blueberry sorbet

1 cup frozen blueberries, 1 ripe banana, frozen plus 2 tablespoons low-fat milk

Mango sorbet

Flesh of 1 mango, frozen, plus juice of 1/2 lime

Pineapple sorbet

440g can crushed pineapple in natural juice, frozen

Tropical sorbet

1/2 x 440g can crushed pineapple in natural juice, frozen plus 1 ripe banana, frozen and pulp of 1 passionfruit

Preparation time: 5 minutes Serves: 2

METHOD

1. Roughly chop frozen fruit and place in the bowl of a food processor. Process until fruit becomes granular. Scrape down sides of bowl with a spatula and process again. Repeat 4-5 times until fruit mixture is a smooth, thick and creamy texture.
2. Spoon into bowls and serve immediately with fresh fruit, if desired.

HANDY HINT

Sorbet can be frozen in an airtight container; remove from freezer 30 minutes before serving to soften. When plentiful, watermelon or mango flesh and ripe peeled bananas can be frozen individually in freezer safe containers for use in sorbet and fruit smoothies. Freeze until solid for at least 4 hours or overnight before processing.



WHAT ARE THE NUTRIENTS IN OUR FOOD?

USE A LINE TO CONNECT THE NUTRIENTS TO THE MATCHING PLATES OF FOOD!

ENJOY A WIDE VARIETY OF NUTRITIOUS FOODS FROM THESE FIVE FOOD GROUPS EVERY DAY.

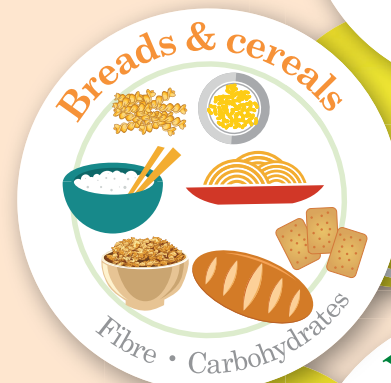
PROTEIN
helps to build and fix your muscles

CARBOHYDRATES
gives us fuel to think and play!

FIBRE
keeps our digestive system working well!

CALCIUM
is important for growing strong bones and healthy teeth

DIFFERENT COLOUR
fruit and vegetables have different nutrients!



WATER is a nutrient your body needs to keep working at it's best. Drink water regularly to stay hydrated and replace the large amounts lost through daily activities.

HOW TO PACK A HEALTHY LUNCHBOX

MAKE SURE TO PICK SOMETHING FROM EACH OF THE 5 FOOD GROUPS FOR A BALANCED DIET.

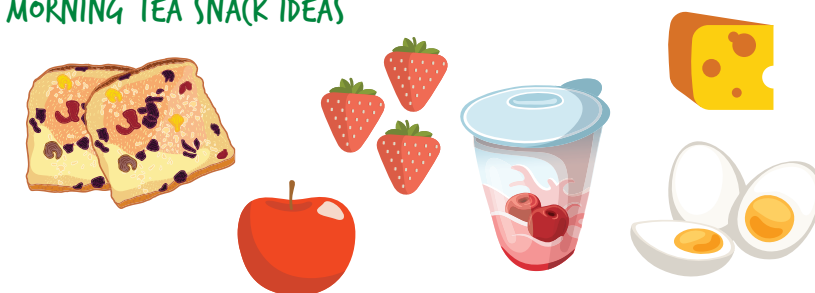


1 Add some healthy snacks like vegie sticks with a dip or why not try canned fruit in natural juice.

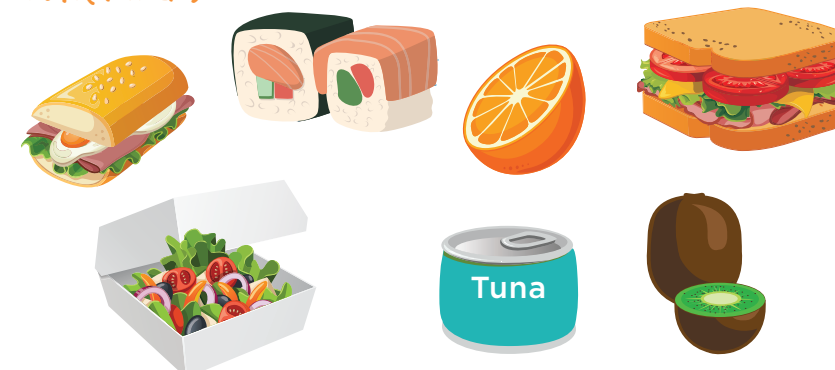
2 Make a yummy wholemeal sandwich with chicken or tuna. Don't forget to add in lots of salad like lettuce, tomato and carrot.

3 Fill your drink bottle with water. You can even freeze it to keep your lunch box cold.

MORNING TEA SNACK IDEAS



LUNCH IDEAS



AFTERNOON TEA SNACK IDEAS



DID YOU KNOW WATER HELPS CONVERT FOOD TO ENERGY?

