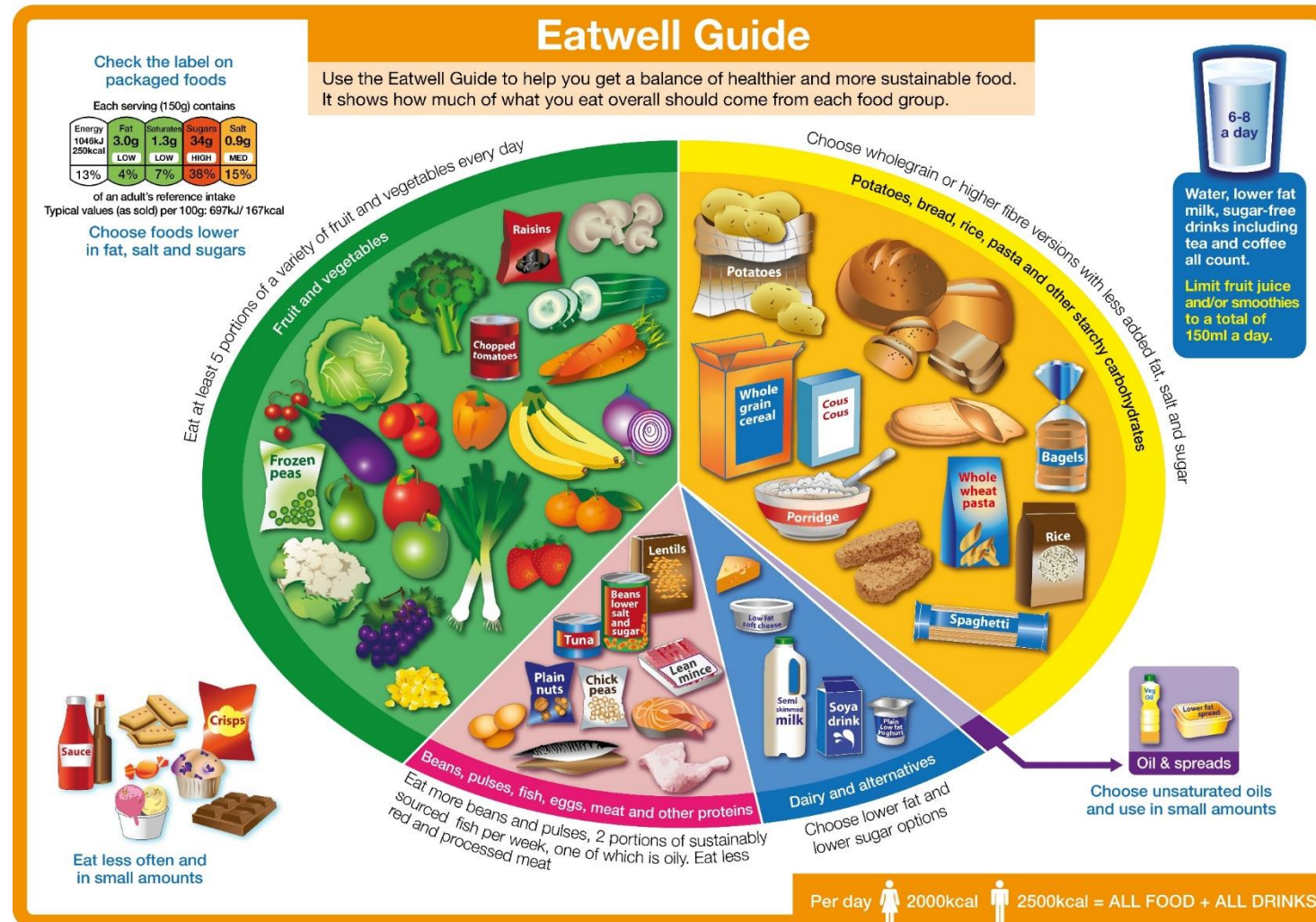


Healthy Lunches



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Is this a healthy lunch?



What's missing?

What could we change?

What could we swap?

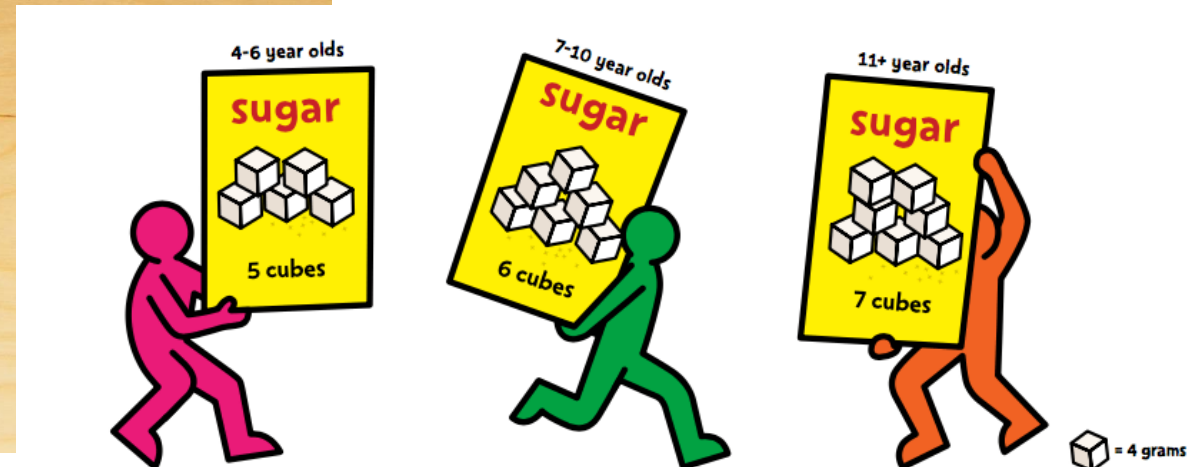


How can
we make it
healthier?

How much sugar?



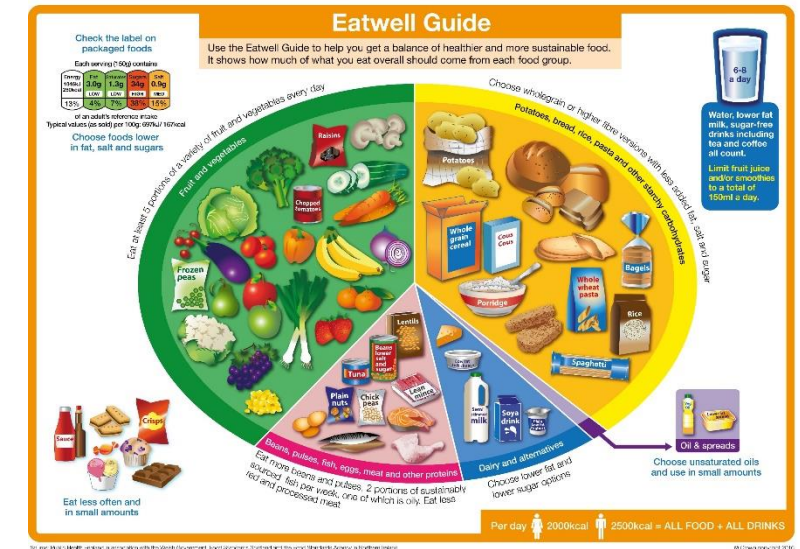
10
Sugar Cubes!



What's missing?



Which food group is missing?

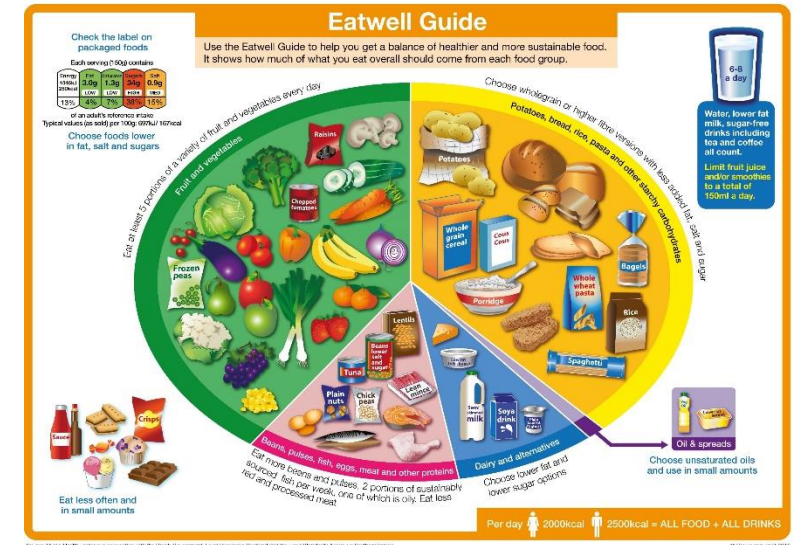


How about school dinners?



What
choices
do you
make?

Does this look like the Eatwell Guide?



Look at the proportions

How is this lunch?

