



MUNCH

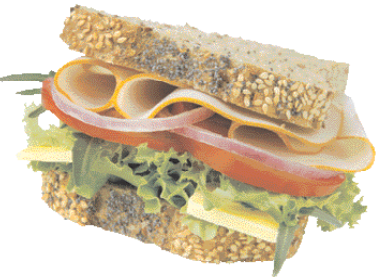
TIME

FOOD™

# MUNCH TIME FOOD™

1

A healthy lunch box every day will help keep your child full and energised to concentrate on their lessons for the day.



Always include a sandwich.

Don't forget that instead of sliced bread you can use wraps, rolls, or pita breads etc. Choose wholegrain bread, which will provide fibre and help your child feel full.

make the change from white to wholegrain breads, swap the softgrain bread initially and gradually change over to the wholegrain bread.

2

Fill up on delicious fruits and veggies.

Children need a wholesome diet that includes an abundance of fruit and veggies – at least five servings per day. Veggies can be sneaked into the lunchbox in many forms – add a bag of carrot sticks or cherry tomatoes, grate carrot and use in sandwich fillings or add sweet corn to tuna – scrumptious!

3

Limit processed foods to a minimum.

Avoid processed foods that contain harmful nitrates such as lollies and chocolates that are packed with an excess of refined sugar. Also avoid processed baked goods which are high in saturated fats. Stabilisers, preservatives, emulsifiers, artificial colours and flavourings are frequently present in processed foods and are not healthy choices for our kids.



# Nutritious Lunchbox Checklist

Have you included...

- A good portion of wholegrain e.g. wholegrain breads, pasta or rice?
- Plenty of fruit and veggies, e.g. an apple, banana, cherry tomatoes, carrot sticks, a tub of fruit chunks or small box of sultanas?
- A portion of milk or dairy food, e.g. individual cheese portion or tub of yoghurt?
- A portion of lean meat, fish, chicken, egg or hummus?
- A drink, e.g. a small 100% fruit juice or bottle of water?

It's so important to teach your kids why you are including delicious healthy foods so they will grow up healthy and strong and will naturally make the right food choices for themselves.

## MONDAY

- Chicken, lettuce and tomato, sliced wholegrain bread sandwich
- Small banana
- Fruit yoghurt
- Muesli bar
- Apple or orange juice



## TUESDAY

- Salmon or tuna sweet corn bagel
- Cherry tomatoes
- A slice of cheese
- Box of sultanas
- Wholegrain banana muffin
- Bottle of water

## THURSDAY

- 2 mini pita pockets with cubes of feta or edam cheese, sliced red and yellow capsicum and lettuce
- Unsalted pretzels
- Plum or pear
- Carrot sticks and rice cakes
- Bottle of water

## WEDNESDAY

- Egg, lettuce and tomato roll
- Bunch of seedless grapes
- Small tub of fruit chunks
- Oat biscuit
- Carton of milk or low fat milkshake

## FRIDAY

- Nut butter, grated carrot on wholegrain flatbread
- Cherry tomatoes, celery sticks and hummus
- Rice pudding dessert
- Sliced apple or nectarine
- Air blown popcorn

**NB: Nuts are a good source of protein and other nutrients, but check the school policy first because of allergy issues.**

## AFTER SCHOOL SNACKS

### Dipping makes food fun for kids!

All you need is a tub of nutritious hummus, bean dip or salsa. Chop up bite size sticks of carrot, celery, cucumber or capsicum, add some snow peas and cherry tomatoes for variety and then watch 'em disappear like magic!

Whole wheat crackers or pita triangles are perfect, nutritious and kid-pleasing accompaniments for dips too. Even sliced fruit gets a lot more interesting when it's accompanied by a sweet, creamy dip. Good fruit dips include fruit yogurt, apple puree or sour cream sweetened with honey – YUMMY!

# MUNCH TIME movement™

monday



## Morning Stretches

Have you noticed your pet stretch when it first wakes up? They do this instinctively to improve their circulation and help their bodies move. So, here's some stretches for when YOU first wake up to give you a spring in your step and a sparkle in your eye.



tuesday



Whether recess or lunch time  
The aim is the same,  
To eat the right stuff  
And get into the game.

Maybe handball or hopscotch,  
Skipping or tag,  
The more you move now,  
The less afternoon lag.

Cause your blood needs a pump  
From your heart to get going,  
To maintain your vitals  
And stop you from slowing.



wednesday

## WORKOUT

Young, healthy bodies need lots of new challenges to keep growing stronger.

Squat 20 times - Just like sitting in an imaginary chair

Walking Lunges 20 times - Big steps. Imagine you are stepping over tall grass - but watch out for snakes!

Plank, Side Plank, Upward Facing Plank - Make your body stiff like a plank of wood, not saggy in the middle like a hammock. Hold for 60 seconds each.

thursday



friday



*When the home bell rings  
And the school day is done,  
Let's close up the books  
And "BRING ON THE FUN!"*

*Have you joined a team sport?  
Like netball or cricket?  
There's a game for us all,  
You've just gotta pick it.*

*Then get in and practice  
Not just to be good,  
But to have fun with friends  
And sweat heaps like we should!*

## Weekend Play

Yay, the weekend is here  
So let's get this straight,  
It's time to play games  
From the morning till late!

Grab your bike and some mates  
In the light, not the dark,  
Cause there's nothing much better,  
Than doing skids in the park.

Or round up your family  
For touch footy or tennis  
Or trek in the bush  
But please don't be a menace

Cause the best thing 'bout weekends  
In the sun or wet weather,  
Is to stay fit and have fun  
With loved ones together.



By supporting **Diabetes Australia**, Harlequin's Munch Time Food™ booklet aims to help turn Diabetes around by teaching and informing our children that we can help stop this epidemic by simply enjoying fun physical activity and choosing to eat healthy tasty foods every day.

For more info please visit: [www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)

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