

Thumbs Up!

Healthy Lunch Boxes for House Points

All students can help their team collect house points by enjoying a healthy lunch at school on

(DATE) ____/____/____.

All classes will eat lunch with their buddies and older students will assist the younger classes to tally their lunch score.

Healthy foods have been allocated a point value which will be tallied and added to House Team scores.steamedfish_01

10 point value foods include

- wholemeal or grainy breads, rolls and wraps
- vegetables and salads
- fruit
- meat, chicken, fish
- eggs
- cheese
- yogurt
- pasta, rice
- healthy dips
- water

5 point value foods include

- white breads, rolls and wraps
- peanut butter, vegemite etc
- healthy bars, slices, muffins etc
- plain crackers and biscuits
- fruit juice

Thank you for helping to encourage our kids to enjoy healthy foods!



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