

LUCY'S LUNCHBOX

1



Crunch&Sip®

Capsicum sticks
Water

Recess

Banana
Mini rice cakes

Lunch

Chicken, carrot,
cheese and
lettuce wrap

Drink

Water

FUN FACT

Bananas are Australia's best selling supermarket product.

WHAT DO YOU THINK?

Why do you think bananas are so popular in Australia?
What do you like about them?
Do you know how bananas grow?

Good for kids
good for life 

swop 
everyday in the lunchbox



TOM'S LUNCHBOX

2



Crunch&Sip®

Carrot sticks
Water

Recess

Grapes
Yoghurt

Lunch

Tuna, tomato and
lettuce sandwich

Drink

Water

FUN FACT

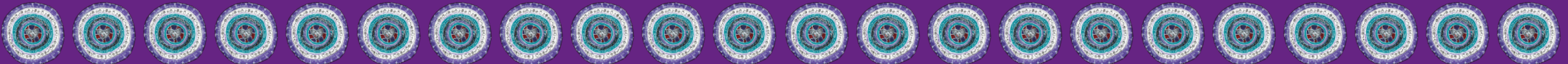
Yoghurt gives you calcium for strong bones and a healthy smile!

WHAT DO YOU THINK?

What other everyday lunchbox foods give your body calcium?

Good for kids
good for life 

swop it
everyday in the lunchbox 



GRACE'S LUNCHBOX

3



Crunch&Sip®

Cherry tomatoes
Water

Recess

Cucumber sticks
Hommus
Rice crackers

Lunch

Raisin bread
with banana

Drink

Milk popper
Water

FUN FACT

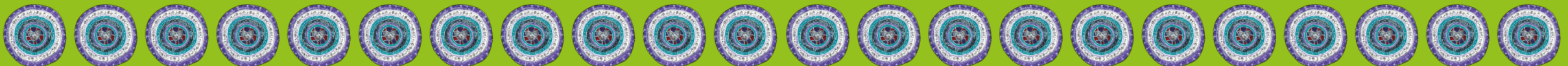
Cucumbers are full of water - about 95%!
Be 'cool as a cucumber' with cucumber
slices in your lunchbox.

WHAT DO YOU THINK?

What other vegetables are made up of
lots of water?

Good for kids
good for life 

swop it
everyday in the lunchbox 



SOPHIE'S LUNCHBOX

4



Crunch&Sip®

Celery sticks
Water

Recess

Strawberries
Popcorn

Lunch

Egg & lettuce
roll

Drink

Milk popper
Water

FUN FACT

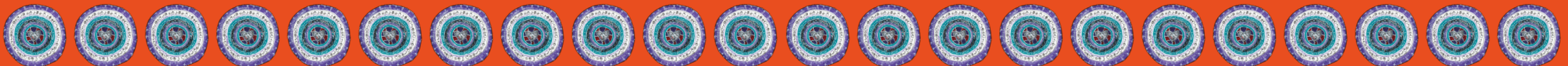
Popcorn is made from corn. Popcorn can pop into 2 shapes – mushroom shaped or butterfly shaped. What does yours look like?

WHAT DO YOU THINK?

Can you think of some different flavours of popcorn? Do you think that all of these flavours are everyday foods? Why/why not? Which ones are sometimes and which ones are everyday?

Good for kids
good for life 

swop it
everyday in the lunchbox 



LACHY'S LUNCHBOX

5



Crunch&Sip®

Cherry tomatoes
Water

Recess

Banana
Cheese cubes
Pikelets

Lunch

Vegetable
pasta salad

Drink

Water

FUN FACT

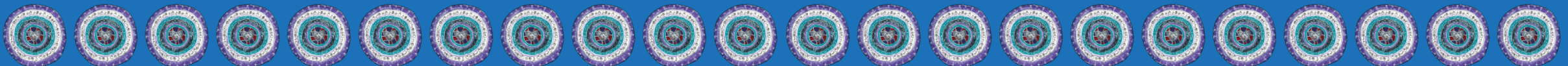
Did you know that tomatoes
are actually a fruit?

WHAT DO YOU THINK?

What makes tomato a fruit?
Can you think of other vegetables
that are actually fruits?

Good for kids
good for life 

swop  it
everyday in the lunchbox



JAMES' LUNCHBOX

6



Crunch&Sip®

Pear
Water

Recess

Carrot sticks
and salsa
Boiled eggs
Fav-va beans

Lunch

Rice cakes with
vegemite and
cheese

Drink

Water

FUN FACT

Your eyes need Vitamin A for night vision – to help you see at night.
Get your daily Vitamin A from carrots!

WHAT DO YOU THINK?

What other foods give you Vitamin A?

Good for kids
good for life 

swop it
everyday in the lunchbox 



MIA'S LUNCHBOX

7



Crunch&Sip®

Corn cob
Water

Recess

Grapes
Rice snacks

Lunch

Chicken salad

Drink

Milk popper
Water

FUN FACT

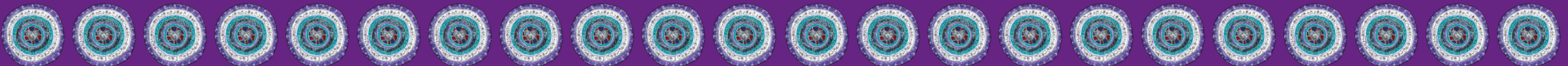
Rice crackers are made from rice!

WHAT DO YOU THINK?

Which of the 5 food groups do you think rice crackers are in?
What other everyday foods are in the grains category?
What other foods are made from rice?

Good for kids
good for life 

swop it
everyday in the lunchbox 



NOAH'S LUNCHBOX

8



Crunch&Sip®

Capsicum sticks
Water

Recess

Apple
Cheese slice
Mini rice wheels

Lunch

Chicken, avocado
and lettuce
sandwich

Drink

Water

FUN FACT

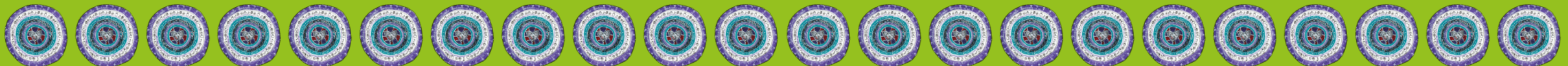
Chicken is a great source of protein
and the most eaten meat in Australia.

WHAT DO YOU THINK?

Which of the 5 food groups do you think
chicken is in?
What other everyday foods fit in the
meat, poultry & alternatives group?

Good for kids
good for life 

swop it
everyday in the lunchbox 



JACK'S LUNCHBOX

9



Crunch&Sip®

Mandarin
Water

Recess

Cucumber sticks
and hommus
Fruit scone

Lunch

Chicken and
vegetable rice
paper rolls

Drink

Milk popper
Water

FUN FACT

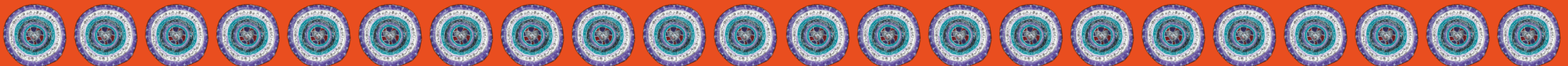
Mandarins contain Vitamin C which helps keep your skin, bones and connective tissue healthy.

WHAT DO YOU THINK?

What are some other foods that contain Vitamin C?
Does anyone grow these foods at home?

Good for kids
good for life 

swop it
everyday in the lunchbox 



LEAH'S LUNCHBOX

10



Crunch&Sip®

Cucumber sticks
Water

Recess

Orange
Fav-va beans

Lunch

Vegetable
fried rice

Drink

Milk popper
Water

FUN FACT

Fav-va beans are roasted broad beans.
You can grow them at home by planting
them from autumn to spring.

WHAT DO YOU THINK?

Does anyone have a vegetable garden
at home?
What do you / could you grow there?

Good for kids
good for life 

swap it
everyday in the lunchbox 

