

WHAT GOES IN MY LUNCHBOX



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| FRUIT (2 PIECES) | An illustration of various fruits: a red apple, a yellow apple, a bunch of yellow bananas, and an orange. |
| SANDWICH, WRAP OR ALTERNATIVE | An illustration of sandwich alternatives: two burritos, a slice of pizza with toppings, and a sandwich with lettuce and tomato. |
| DAIRY | An illustration of dairy products: a white yogurt container with a purple lid and the word 'YOGHURT' on it, and a wedge of Swiss cheese. |
| VEGETABLES (2 PIECES) | An illustration of vegetables: two sticks of yellow carrots, a red tomato, and a green cucumber. |
| FIBRE/GRAINS (Wholegrains) | An illustration of fibre/grain products: three granola bars, two pieces of sushi, and a pile of brown rice. |
| WATER | An illustration of four water bottles in different colors: yellow, pink, white, and purple. |