It's easy to forget what to take to school, so this will help you to remember. You can even draw a picture of yourself and write down what you'll need to do before you leave. Stick it up on your wall or door.

Ready to go?

- hair combed?
- teeth brushed?
- bags packed?
- did you eat breakfast?
- uniform clean?
- Shoelaces tied?
- don't forget your lunch!
Fresh for Kids® Tips on School Lunches

Pack a balanced meal. What to include? The goal is to pack a protein, a grain, and a fruit or vegetable. Dessert should not be an everyday item, and milk or a juice with no additives are the ideal drinks.

Think about presentation when packing lunch. Cherry tomatoes, carrot and celery sticks have fun shapes, colours and textures. You can make a sandwich more appealing by decorating the wrapping with a sticker* or by cutting the sandwich with a cookie cutter. Prepackaged wholesome snacks such as fruit cups and yogurt are fun to eat, as is anything that crunches.

Let your kids participate in packing his/her lunch, and if you keep lots of healthy food in the house then you can let them have free reign.

It’s easy to accessorise lunches. Photocopy or print designs onto precut stickers, or print onto sheers of sticker paper and cut out. Affix to a wrapped sandwich, onto lunch boxes and drink bottles. Use them to seal paper bags closed.

When using labels be sure to check your printer settings before printing. The templates work best if the printer is not set to shrink or expand the PDF to fit the page.
1. A Healthy Sweet Treat

Luscious fresh dates make the perfect “natural” sweet treat at recess or lunch time. Soft and delicately caramel in flavor, they are simply delicious. Quick to prepare, simply wash and dry dates with paper towels, remove the seeds by cutting a small slit in one side of the date and pull out the seed, wrap dates in greaseproof paper for a special treat for the kids.

2. A simple box filled to the brim with an array of ready to eat raw vegetables with a wedge of low fat cheese and whole grain bread roll is one of the healthiest of lunches for kids of all ages.

Try this quick idea - Arrange sticks of cucumber, carrots, salary and red capsicum in a plastic container. Line the container with crisp lettuce leaf, few cherry tomatoes, a halved hard boiled egg, a wedge of low fat tasty cheese and a halved pita pocket.

3. Tasty Sandwich Ideas

Healthy fruit and vegetables add lots of variety, flavour, crunch and colour in children’s lunches. A healthy sandwich can supply protein, carbohydrate for energy and essential nutrients which children need to stay alert throughout the afternoon at school.

- Rainbow Salad - Layer sliced beetroot, grated carrots, chopped red capsicum and alfalfa sprouts with light cheese slices.
- Ham and Tomato - Top multigrain bread with butter lettuce, sliced tomato, shaved lean ham and snow pea sprouts. Slice and serve. Add a slice of fat - reduced Swiss cheese, if desired.
- Tuna and Salad - On wholemeal bread add crunchy lettuce with flaked tuna mixed with mayonnaise and finely chopped celery.

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Top Tips
1. Tasty Breads - Use nutritious wholegrain and wholemeal breads which provide long-lasting energy for sandwich. If using white bread, go for high fibre variety. Add Turkish bread rolls, pita pocket breads, Lebanese flat bread, English muffins and high fibre flat bread rolls to your children’s lunch box.

2. When adding Tomato to sandwich fillings, place slices between the meat, cheese or another “cushioning” filling so that the bread remains firm and doesn’t become soggy.

A healthy lunch box includes fruit; kids prefer conveniently chopped or peeled fruit which is ready to eat. You can easily cut unpeeled oranges in quarters or chop up seasonal fruits like melons, pineapples and strawberries and place them in a small plastic bags so that they are easier to eat.

Fresh for Kids® Lunch Chart

Kids are more likely to eat their lunch if they help choose the menu. Just print the chart and food label squares and cut out. Together come up with a variety of sandwiches, fruits, healthy snacks and desserts. You can then stick these up on the fridge and let your child stick the labelled food squares, with some Blue-tac, in the empty chart.

Please see chart over page
<table>
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What’s for lunch?
Fresh for Kids® Lunch Labels

How to use:
1. Print out this page
2. Cut out the rectangles
3. In each rectangle write your favourite food for lunch.
4. Use them along with our chart to plan your lunches.

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How to use:

1. Print out this page on sticker A4 sticker sheet.
2. Cut out the shapes.
3. Stick them on your books, lunch box, drink bottle.

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Fresh for Kids® Stickers

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**Hand-ball**

![Hand-ball grid]

**How To Play**

- Each player stands in one of the four squares.
- To start the game, the player in square four serves a tennis ball by bouncing it in their square once and then hitting it towards one of the other squares. The receiving player then hits the ball to any other player in one of the other squares.
- The ball must bounce in another player’s square, and they must hit it to another player before it bounces a second time.
- A player may hit the ball before it bounces, if they choose to do so.
- If a player hits the ball so that it misses another player’s square, or fails to hit the ball before the second bounce after it has landed in their square, they are "out".
- When a player is out, the other players move up to take their place, and that player moves to the last square, or to the end of the line, if there are more than four players.
- The object of the game is to move up and hold the server’s position.

**Elastics**

**How To Play**

To play this game you must have 2 people facing each other a few paces apart. They must hook a long piece of elastic around their ankles. Then people take it in turns to jump from one side of the elastic to the other. As the game progresses the elastic moves from ankle height, to calf height, knee height, thigh height, hip height! See how high you can jump!

**The Chant**

England, Ireland, Scotland, Wales, Inside, outside, inside on!
Criss-Cross
Inside, outside, inside out!
**Clapping Games**

**Down By the Banks of the Hanky Panky**

Down by the banks of the hanky panky
Where the bullfrogs jump from bank to banky
With an eep ipe ope oop
Ee-sock-a-diddy and a phbblllllt (Make 'raspberry' noise with tongue)
Plop!

**A Sailor**

A sailor went to sea sea sea
To see what he could see see see
But all that he could see see see
Was the bottom of the deep blue sea sea sea

**A Biscuit**

ronald macdonald *clap clap*
a biscuit
ronald macdonald *clap clap*
a biscuit
oooh, she-shu-wawa biscuit
I've got a boyfriend biscuit
he's so sweet biscuit
sweeter than a cherry-tree biscuit
icecream soda with a cherry on the top *aim punch towards stomach*

**See-See**

See-see, My playmate, (clap clap)
I cannot play with you, (clap clap)
My sisters got the flu, (clap clap)
Chicken pox and measils too, (clap clap)
Slide down my rainbow, (clap clap)
In to the corridor (clap, clap)
And we'll be friends for ever more more more more.
**Skipping Games**

**How to Play**
The children jump rope while they sing this rhyme, they act out the actions as the words come up in the rhyme. An example: when they say go upstairs in the 'Teddy Bear' game, the child pretends to climb the stairs.

**Chants**

**Dickie Birds**
Two players, one at each end of the rope.
"Two little dickie birds sittin' on the wall" the two players jump in
"One named Peter, one named Paul" each player waves at their name
"Fly away, Peter, fly away, Paul" the player exits the rope as name is called
"Don't you come back 'till your birthday's called"
"January, February...December" the player returns when their month is called
"Now fly away, fly away, fly away all" players both exit the rope.

**Teddy Bear**
Teddy Bear, Teddy Bear, turn around,
Teddy Bear, Teddy Bear, touch the ground,
Teddy Bear, Teddy Bear, tie your shoe,
Teddy Bear, Teddy Bear, read the news,
Teddy Bear, Teddy Bear, climb upstairs,
Teddy Bear, Teddy Bear, say your prayers,
Teddy Bear, Teddy Bear, turn out the light,
Teddy Bear, Teddy Bear, say goodnight!

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