

The simplest way

... to ensure your child is eating from
the five food groups

Try our nutritious [Chicken Burrito Bowl](#) which ticks off
three of the five food groups.

**Grain (Cereal)
Foods**

**Meat &
Alternatives**

Vegetables



Together with a piece of fruit and some dairy, such as a
tub of reduced-fat yoghurt, lunch is sorted!

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