

Welcome to the Mayfield Healthy Packed Lunch Recipe Book!

This booklet has been put together using ideas supplied by Mayfield children in our 'Design a Healthy Lunchbox' Challenge in the summer term of 2006, together with ideas adapted from some other sources. You will find ideas for interesting new things to include in your lunchbox, including vegetarian and international foods which you may never have tried before.

It can be difficult to think of interesting and nutritious food to put in a packed lunch every day, so we do hope you will find some new ideas in this booklet and that it will help you make your child's packed lunch a healthy and nutritious meal.





What to aim for: Ideally, the midday meal contained in the lunchbox should include carbohydrates (bread, rice, potatoes etc), protein (meat, fish and alternatives), fruit and vegetables, a dairy product and a drink. There's always room for a healthy treat as well!

What to avoid: National surveys have shown that the lunchboxes of 9 - 12 year old children contain double the recommended intake of saturated fat and sugar, and up to half the maximum daily target salt intake.

- Most of this excess amount of **fat** came from crisps, fat spreads, cheese products, chocolate bars and biscuits.
- Foods contributing to high **salt** intake included white bread, crisps and processed meats.
- Higher levels of added **sugar** came from fruit squashes, chocolate-covered bars, biscuits and some yoghurts.

Get the children to lend a hand!

We often enjoy things more if we've helped to plan and make them. All the Mayfield children who entered our challenge came up with fabulous healthy lunchbox designs - let their imaginations run riot on how to eat in a fun and healthy way.

"I like to eat mushrooms"



Ian in 1P

"Dried apricots are sweet and easy to eat"



Abi in 4S

Erin in Recl

Tuna, sweet corn and pasta salad
Carrot and cucumber sticks
An apple
A carton of milk



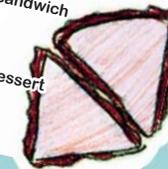
Alex in 2W

A slice of chicken and bacon pizza
Baby tomatoes
Strawberry yoghurt
Strawberries
Pure apple juice



Hector in 1P

A chorizo (spicy sausage) sandwich
A savoury rice cake
Celery and carrot sticks
Crackers
An apple and a yoghurt for dessert
Water to drink



"I like having fruit salad in a tub. Don't forget a spoon!"



Joe in 5M

Olivia in 6K

Pasta salad with ham and chicken
Brown bread sandwiches with cheese and tomato
Cherries and strawberries
Apple juice to drink



"Instead of sandwiches I sometimes bring tuna mixed with pasta and a little bit of mayonnaise"



Bayley in 2W

Megan in 3W

A box of salad and a carrot
A tuna and cucumber sandwich
A yoghurt
A kiwi fruit
A small bun
A drink of water



"I like to bring a hard-boiled egg"



Ola in 3I

Keeping your cool

You can buy mini cool packs from the supermarket - keep them in the freezer overnight and they will keep your lunch nice and cool.

Or freeze your drink overnight (if it's in a suitable container) and let it do the job of chilling your lunch while it defrosts in the morning, leaving you a refreshing cold drink for lunchtime!

An insulated lunchbox is a really good idea as it keeps the whole meal cool through the morning.

"Little cheeses like Babybel are easy to pack and fun to eat"



Matilda in 6K

Ailwyn in Rech

Vegan cheese sandwich with cherry tomatoes
A tub of plain popcorn
An apple
A home-made vanilla cupcake
A fruit smoothie or orange juice to drink



Marina in RecL and Laura in 3W

Couscous salad (with pieces of roast vegetable)
Slices of Spanish tortilla
Fruit skewers
Apple juice or water to drink



"Dried apple rings are delicious"



Jack in 2E

How about a change? No. 1

A lunchbox doesn't have to have sandwiches in it! Why not try one of these for a change?

- Vegetable samosas
- Sushi
- Mini quiches
- A slice of Spanish omelette
- Home-made pizza (last night's tea still tastes great cold)
- Cold sausage or Pepperoni
- Pasta salad - e.g. pasta mixed with tuna mayo and sweet corn, or pasta pesto with cheese cubes
- Couscous mixed with feta cheese and cherry tomatoes or leftover roast vegetables
- A tub of green salad with vegetables/cheese or whatever you like best!
- Potato salad with a piece of cheese or a cold sausage
- Kedgeree (rice with pieces of smoked mackerel and egg)



Beth in 4L

"My favourite is kiwi fruit - in pieces in a tub, or with a spoon so I can eat it like an egg"

Lottie in Rech

- Ham sandwich
- Watermelon pieces
- An apple and an orange
- Yoghurt drink



Emily in 5M

- A ham sandwich with an extra croissant on the side
- Pepperoni sausage
- Cucumber pieces
- Fruit salad and an apple
- Sunflower seeds
- Yoghurt drink



Elliott in 2W

- A tuna and sweet corn wrap
- Cherry tomatoes
- Grapes
- A raisin flapjack
- A fruit smoothie to drink



"I like plain popcorn - it's healthy and fun to make"



Ailwyn in Rec H

Drinks

Water - plain or flavoured, still or sparkling

Milk (in an insulated bottle or with an ice pack)

Pure fruit juice (watch out for 'juice drinks' which are very high in sugar).

Home-made smoothie - blend together any fruit with some natural yogurt and a little milk. Remember this will need to be kept cool.



Eve in 3W

"Mango is a yummy treat - try it fresh or dried"

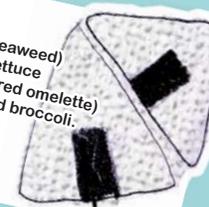
Omri in RecL

- A cream cheese sandwich with sliced green olives
- Broccoli florets in a plastic container
- Breadsticks
- A box of raisins
- Apple juice



Yu in 2W

- Onigiri (rice ball with seaweed)
- Karaage (chicken)
- Tamagoyaki (soy-flavoured omelette) together with tomato and broccoli.
- Strawberries and grapes
- And a yoghurt



"I bring a piece of Camembert to eat"



Etienne Cu in Rec L

Charlie in RecL

A pitta bread filled with Greek salad - feta cheese, tomato, cucumber and pitted black olives
A carrot
A juicy apple
Slices of malt loaf with butter
Pineapple juice



"Cherries are colourful and fun to eat"



Christopher in 1P

How about a change? No. 2

Sandwiches don't have to be made from sliced bread!

There are lots of great sorts of sliced bread and it's good to try wholemeal or multigrain varieties as these are really healthy for you. To make the change gradually, try 'whole white' sliced bread (white bread with one-third wholemeal flour) or make the sandwich with one slice of whole white bread and one slice of wholemeal/brown bread.

But for a change, you could try something a bit different - how about:

- Crackers or rice cakes
- Bread sticks
- Bagels or savoury muffins
- Baguettes
- Pitta bread
- Pieces of ciabatta
- Naan bread
- Tortilla wraps
- Bread rolls

Even if you're using sliced bread, it doesn't have to be square! Try jazzing up the lunchbox by using cutters to make shaped sandwiches, or choose a soft filling and make pinwheels - roll out the bread until it is thin, spread on the filling, roll it into a swiss-roll shape and slice it into circles.

Fleur in 5M

Egg-fried rice and salad
Pasta and salami
An apple and a banana
Water to drink



Meggie in 1P

Onigiri - a Japanese rice ball with tuna inside and seaweed outside
Carrot sticks
A Humzinger fruit bar
Apple juice to drink



"Slices of watermelon are tasty and good for you"



Lottie in Rec H

Did you know?

Mrs Leggat likes to bring a banana, peel it and wrap a slice of bread around it or put it into a roll and eat it just like that!

Etienne Cu in RecL

A bread sandwich with spinach and egg
Tomato and cucumber pieces
A chunk of Camembert cheese
An apple
Dried apricots
A drink of water



Hollie in 1B

A pot of humous with carrot sticks
Pigs in blankets (sausages wrapped in pastry)
A pear, a banana and some grapes
Blackcurrant squash to drink



"I enjoy crunching raw carrot sticks"



Benjamin in 5M



"I love having last night's pizza in my lunchbox"



Tom in RecL

How about a change? No. 3

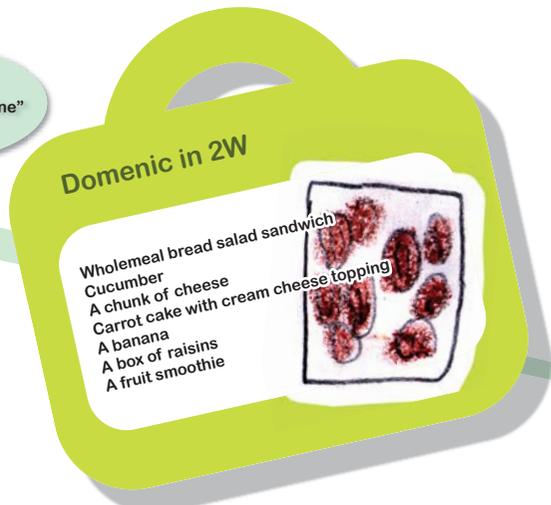
Sandwich fillings can be exciting too!

Try something new, or a combination of different things for a new sensation.

How about:

- Bacon and salad
- Sliced turkey and stuffing quorn
- Sliced beef roll with cucumber and lettuce
- Egg and cress with low fat mayonnaise
- Tinned salmon and cream cheese
- Cottage cheese with dried apricots or pineapple
- Brie with cranberry sauce or grapes
- Tuna and sweet corn
- Scrambled egg and crispy bacon
- Chicken and sweet corn
- Humous with chopped vegetables
- Spinach and egg
- Cheese and Marmite
- Cheese with apple slices
- Cheese and pickle

Adding some salad to your sandwich makes cheese, ham, peanut butter or anything else healthier, crunchier and more exciting! Add lettuce, cucumber or tomato



"I enjoy a juicy nectarine"



Yu in 2W

Time for a treat

We all like treats once in a while, and it's great to choose healthy ones.

1. How about raisin bread, banana bread, scones, oatcakes, malt loaf or currant buns instead of chocolate biscuits or highly-processed muffins?
2. You could try plain liquorice (good for calcium and iron - but not the highly sweetened sort!)
3. Or try a pot of fresh fruit salad and treat yourself to some special fruits like mango or melon, strawberries, blueberries or raspberries. You could bring stewed fruit like apples or dried fruit, and dip in slices of cinnamon bagel or naan bread.
4. Try plain popcorn instead of crisps - or if you're desperate for crisps, choose low fat varieties in small bags and just have them as a once-a-week treat.
5. Or try a seed mix like sunflower and pumpkin seeds, maybe with some dried fruit mixed in. You can buy packets ready mixed in the supermarket, or mix your own. Some children at Mayfield are allergic to nuts so we prefer you to avoid them if possible.
6. Dairy products are important for calcium but watch out as some yoghurts have lots of sugar in them. Try a piece of cheese or low-fat rice pudding instead.

"I like eating pasta with pesto sauce and it uses up leftovers from the night before"



Tom in 2W

"Strawberries are yummy in the summer"



Lucas in 1B

"I like to bring grapes"

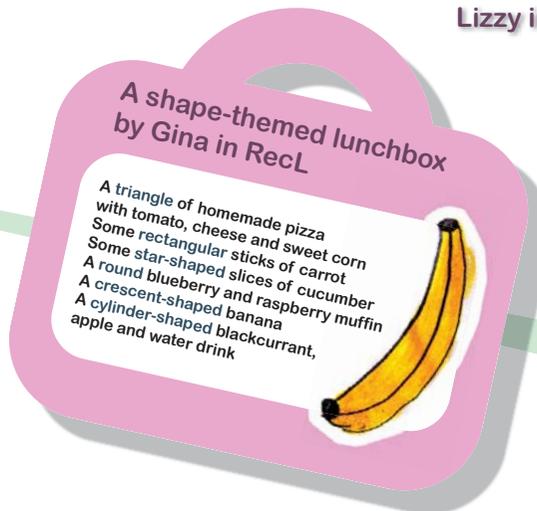


Lizzy in 3W

"Slices of red pepper make my lunch look exciting"



Lihi in 1B



A shape-themed lunchbox by Gina in RecL

- A triangle of homemade pizza with tomato, cheese and sweet corn
- Some rectangular sticks of carrot
- Some star-shaped slices of cucumber
- A round blueberry and raspberry muffin
- A crescent-shaped banana
- A cylinder-shaped blackcurrant, apple and water drink



"Cherry tomatoes look cheery in my lunchbox"



Anita in 3W

"You can bring pieces of pineapple - fresh or tinned - in a tub"



Keir in 1B

"Olives are nice to eat"



Ben in 5M

Remember!

Always read food labels! Look for products that are low in salt, low in sugar and low in fat.

Use the compost heap for apple cores and fruit peelings - that way your leftovers help our garden to grow. The compost heap is to the right of the hot and cold garden!

Cut down on litter - use re-usable packaging where you can, and put any litter in the bins around school or take it home with you.

For more ideas have a look at:

A month of lunchboxes on the Food Standards Agency website:

<http://www.food.gov.uk/news/newsarchive/2004/sep/lunchbox2>

Jamie Oliver's School Dinners website section on Great Lunchboxes:

http://www.channel4.com/life/microsites/J/jamies_school_dinners/do_something/lunchboxes.html

Entrants for the Summer 2006 'Design a Healthy Lunchbox' Challenge

We were delighted by the number of Mayfield children who entered the Healthy Lunchbox challenge. Well done to all of them on their inventive ideas and wonderful illustrations. They were:

Reception L Charlie Erica Erin Etienne Ch Etienne Cu Gina Jason Marina Morag Omri Tom	Reception H Ailwyn Jakob Lottie Nazir Toni-Louise	1 P Christopher Hector Ian Indumini Iona Joe Louisa Meggie Rhiannon William	1 B Eilidh Hollie Iffat Isabell Jodie Keir Lihi Lucas Ryan Srdjan	2 E Aneta Fabien Fatima Jack Josh S Marlene Noga Rebekah
2 W Alex Bayley Becky Bonnie Domenic Elliott Eliza Mollie Rowan Tom Yu Zoe	3 W Aki Amelia Anita Esme Eve John Laura Lizzy Megan 3 W Florence Maxim Ola Rosie Simon Sophie Tycho	4 S Abi Caroline Maddy Nathan 4 L Beth Jack Joe Katie Kola Lucie	5 M Alex Benjamin Ben T. Daniele Emily Emma Fleur Jade Joe Neha Phoebe Soo-suk Sophie Stefan	6 K Olivia Matilda

