

## **WHAT TO EXPECT AT LUNCHTIME!**

Lunchtime is a fun time to eat yummy food, chat with friends, and try new things!



## WHY WE EAT LUNCH

- Lunch helps us stay awake and ready to learn all afternoon!
- Food helps us focus, remember things, and do our best work.
- Healthy food builds muscles and keeps our bodies happy.
- We need it to fuel our playtime and give us energy to run, jump and have fun at breaktime!



# LET'S LEARN HOW LUNCH WORKS AT OUR SCHOOL:

1. Line up nicely
2. Get your lunch band from your teacher
3. Pick up your lunch tray and cutlery
4. Show your lunch band to the server to receive your meal
5. Get your dessert and drink
6. Find a seat and enjoy with your friends!





## MEET YOUR ALLERGEN BUDDY

Some children have food allergies or special diets. That means they can't eat certain things like eggs – because it could make them feel unwell.

That's where your **Allergen Buddy** comes in! They're here to help keep everyone safe and make sure you get the right food.

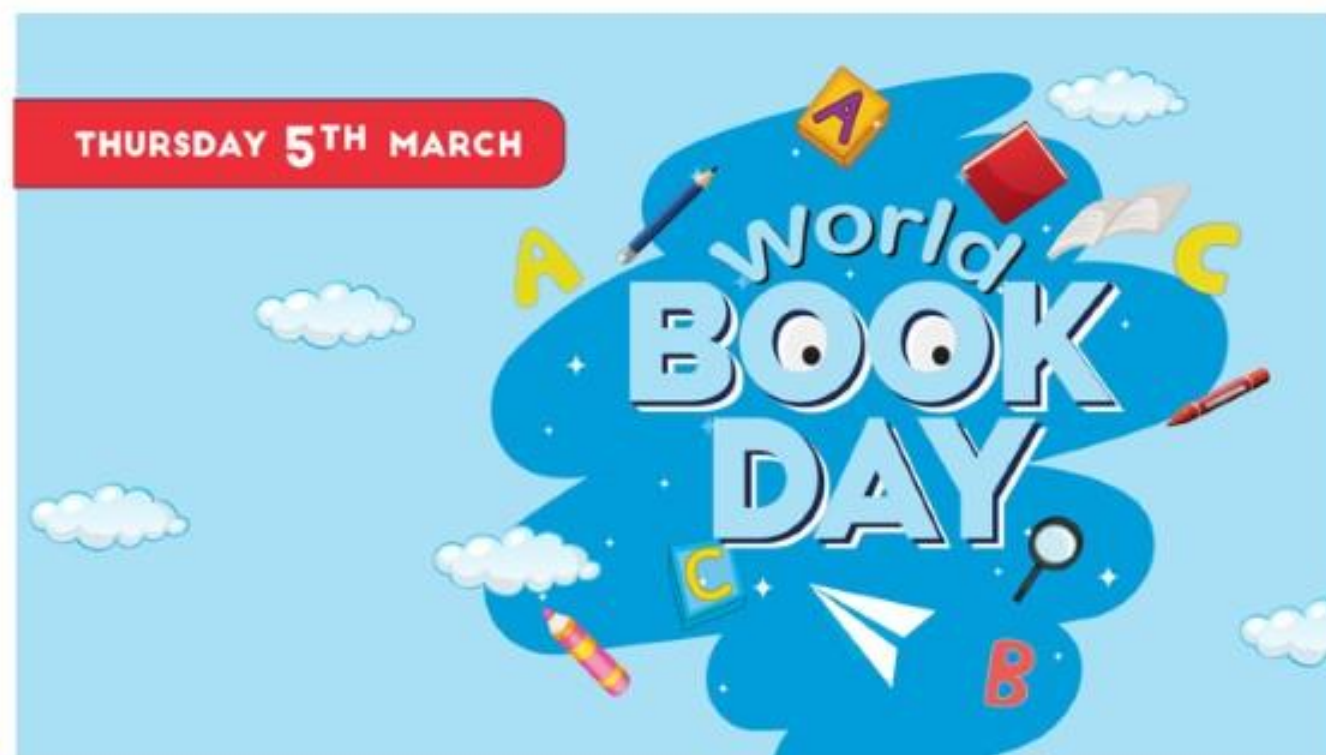
# LUNCHTIME RULES = HAPPY LUNCH! 😊

- ★ Be kind and take turns
- ★ Talk nicely, no shouting
- ★ Use good table manners - remember to say please and thank you
- ★ Tidy up and put your rubbish in the bin



## THEME DAYS

There will be exciting theme days throughout the year, with yummy new foods to try and fun surprises!



# EAT THE RAINBOW! 🌈

Can YOU eat 5 colours a day?

## Try to eat:

- ❤️ Red – like strawberries or peppers
- 🍊 Orange – like carrots or satsumas
- 🟡 Yellow – like bananas or sweetcorn
- 🌿 Green – like broccoli, peas or cucumber
- 💜 Blue – like blueberries

Each colour gives your body something special, like energy, vitamins, and superhero powers to fight germs!



**WE CAN'T WAIT TO SHARE THIS  
TASTY ADVENTURE WITH YOU! 😊**

