

Week 1

- Carbohydrates and You
- rainbow sushi

Week 2

- Protein please!
- tuna rice paper roll

Week 3

- Dairy daily?
- gourmet yoghurt dip

Week 4

- Veggies, who needs it?
- veggie salad

Week 5

- Fruits - what's in it for me?
- fruit parfait

Week 6

- Ready, Steady...cook
- kids's nutrition knowledge will be put to test as they will be asked to put together a healthy lunch box that's nutritionally balanced using the mystery ingredients we brought it