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THE HEALTHY LUNCHBOX (PAPERBACK)



GRUB STREET, United Kingdom, 2014. Paperback. Condition: New. Language: English. Brand New Book. According to the Government's nutritional standards, a child slunch should contain at least one portion each of fruit and veg, protein (meat or alternative), dairy products and starchy food, such as bread or pasta. But a recent survey found that nine out of ten children still take packed lunches to school that contain too much saturated fat, sugar and salt. The Healthy Lunchbox is...

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- Authored by Fiona Beckett
- Released at 2014



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