

Parent Guide



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We're excited to share this activity with you. If you are interested in finding more engaging, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

Save time and money with our On-The-Go Lunch Ideas for Toddlers. Ideal for nursery, trips out to the park or exploring further afield. Our fun bento-style lunch ideas will not only ensure your toddler is eating healthily but also make eating lunch on the go super fun.

What skills does this practise?

Healthy Eating

Food Preparation

Organisation

Further Activity Ideas and Suggestions

For more easy lunch ideas, take a look at our simple recipes to make [Pasta Salad](#), [Muffin Pizzas](#) or our [Easy Quesadilla](#).

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On-The-Go Lunch Ideas for Toddlers

To make toddler lunches on the go so much easier, we love to use bento-style lunch boxes. The individual compartments allow different foods to be placed without touching each other, which also removes the need for plastic wrap or bags; so environmentally friendly too!

With so many individual compartments you can fit a variety of different foods into one lunch box, which is ideal for a toddler exploring new foods. It also helps parents monitor portion control.

Make food more exciting by cutting sandwiches using biscuit cutters and adding character food picks to decorate vegetables and fruit. These are all reusable too!

We have come up with some ideas of what you could include in your own bento-style lunch boxes.

Bento-Style Box Ideas

- Mini tortilla wraps
- Shredded cooked chicken
- Diced pepper and tomato
- Lettuce
- Salsa
- Crackers
- Sliced ham, turkey or salami
- Sliced cheese
- Sliced carrots
- Strawberries and blueberries
- Mini cookies
- Smoked salmon and cream cheese bagel
- Sliced pepper
- Pretzels
- Chopped melon and grapes
- Wholemeal wrap filled with chicken or turkey, grated carrots and diced pepper, rolled up and cut into one inch wide slices
- Strawberries
- Sliced cheese
- Mixed nuts





- Cold pesto pasta with peas and diced ham (optional)
- Sliced boiled egg
- Sliced cucumber
- Blueberries
- Star-shaped sarnies filled with red pesto and grated cheese
- Celery sticks
- Frozen yoghurt bites
- Raisins and mixed nuts
- Ham and egg muffins
- Sugar snap peas
- Chocolate covered raisins
- Sliced kiwi
- Pea and tomato frittata fingers
- Toasted pitta strips
- Carrot batons and mangetout
- Cream cheese and chive dip
- Rainbow salad
- Cheesy quesadilla with spring onion (optional)
- Pineapple sticks
- Chocolate-dipped orange segments
- Veggie rolls
- Yoghurt with honey and blueberries
- Cheese strips
- Boiled egg



We hope you find this resource useful. These recipes are intended as a general guide only and involve the use of knives, hot water and kitchen appliances which use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.



Ham and Egg Muffins

Preheat your oven to 180°C. Cook 150g of chopped mushrooms in a pan for 10 minutes. Mix 60g of diced ham with two chopped spring onions and add your mushrooms, then give it a good mix. Whisk four eggs with 25ml of milk and season. Line a muffin tin with four paper cases and add your ham and mushroom mixture evenly. Pour in your eggs and bake for 20-25 minutes.

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Pea and Tomato Frittata Fingers

Cook ½ chopped onion with one crushed garlic clove in a pan. Meanwhile, beat six eggs in a bowl and add 150g of blanched peas and 125g of halved cherry tomatoes. Add the mixture to the pan and cook for 15 minutes. Then pop your pan under the grill for 5 minutes. Leave to cool and slice it up into fingers.

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Rainbow Salad

Mix 50g of canned three-bean salad with 20g of chopped yellow pepper, 20g of cherry tomatoes and one chopped carrot. Easy!

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Frozen Yoghurt Bites

Take a cupcake tray and pop in some cupcake cases. Add a base of granola to each muffin case, mash-up strawberries, blueberries and raspberries with a little honey and mix with some yoghurt, then dollop the mixture on top of the granola. Pop them in the freezer for two hours, then take them out and enjoy!

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Veggie Rolls

Preheat the oven to 200°C. Put 400g tin of butter beans in a bowl with 50g of chopped spinach, 100g of grated courgette and 75g of grated cheese. Mash together and stir in one egg yolk. Lay ready rolled pastry on a work surface with a long edge closest to you. Spoon the filling in sausage shapes along this side, 2.5 cm from the edge. Roll the pastry forwards into a large sausage-shaped roll. Cut into 8 equal rolls. Transfer to a lined baking tray, brush the tops with the egg or milk and bake for 20 minutes.

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