



## At Home Activity



### Starting School

**Author:**  
Jane Godwin

**Illustrator:**  
Anna Walker

**Publisher:**  
Viking/Penguin Books  
Australia, 2013

### Themes

---

School Life,  
Transition/Change

### Activity Age Levels

---

Pre-school, First Year of  
School

### Prepare your lunch box

#### What you need:

- Lunchbox inspiration (magazines, catalogues, internet)
  - Paper and pencils
  - Lunchbox
- With the help of a parent, look through catalogues and the internet and write a list of food options you would like packed in your school lunchboxes (*You might even find ideas on the page titled, Snack time*).
  - Plan and draw a picture of what you would like to take to school on your first day by selecting foods from your list. Try to include:
    - Fresh fruit
    - Fresh vegetables
    - Meat or protein food
    - Dairy food
    - Wholegrain food
    - Drink (Water)
  - After writing a shopping list, buy what you need for your lunch box and help your parents prepare/pack your lunch for the first day of school.