

# THE MAGIC

## LUNCHBOX



Written by Angela Barrett  
Illustrated by David Walsh

*Central Coast Health Promotion wishes to acknowledge the Public Schools and Early Childhood Education and Care Services that contributed to the development of this book.*

*Sincere thanks also to Diana Hanks, FNSW Central Coast Transition to School Project, who acted as a consultant.*

**The Magic Lunchbox** is a copyright project and is solely owned by the Central Coast Health Promotion Service, Central Coast Local Health District. It may be reproduced in whole or part for study, training or education subject to an inclusion of an acknowledgement of the source. It may not be reproduced for commercial usage or sale. Reproduction for purposes other than those indicated requires written permission from the Central Coast Health Promotion Service, Central Coast Local Health District.

©2012 All rights reserved.

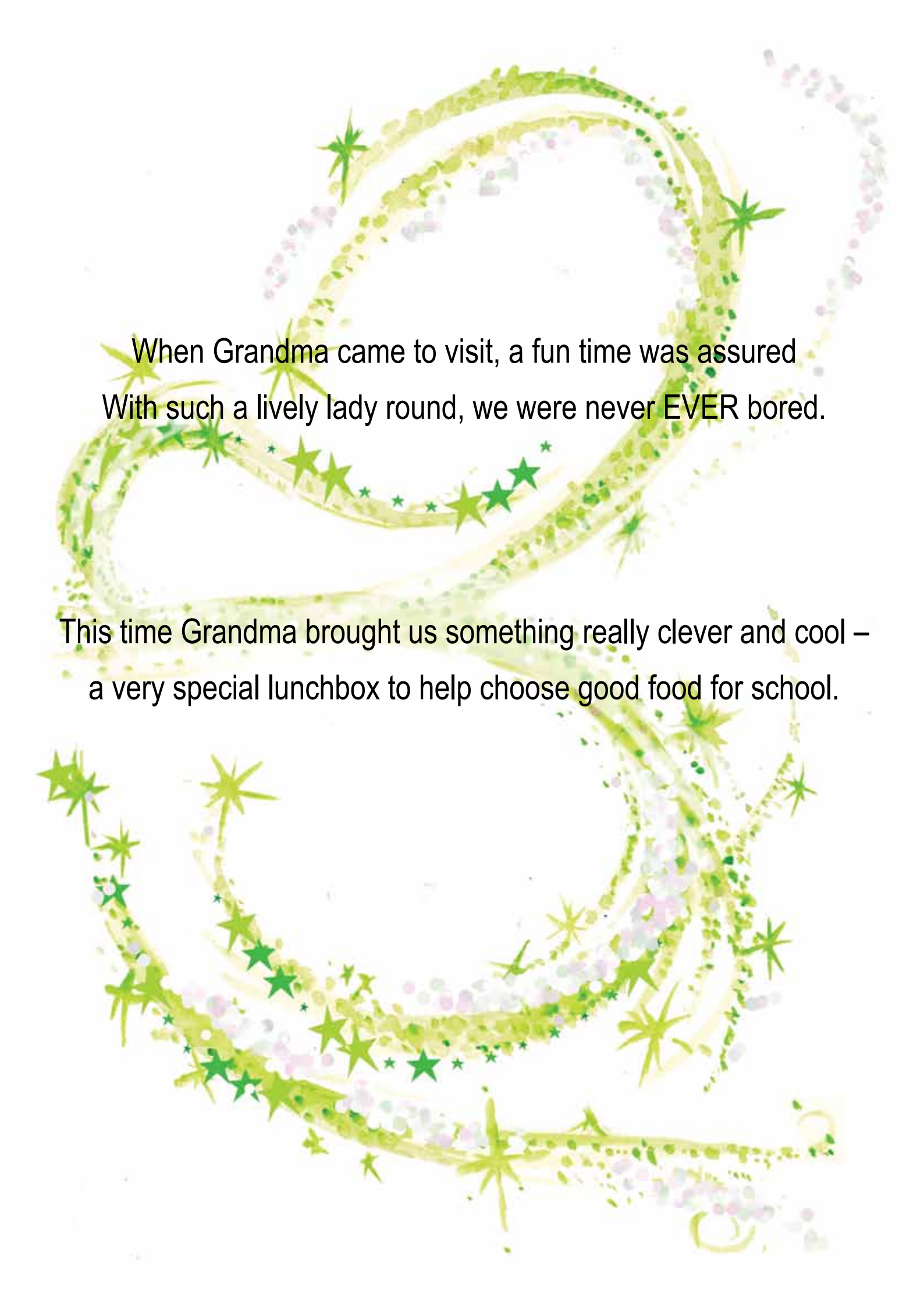
I:HP.IHD.CJ.499

# THE MAGIC LUNCHBOX



Written by Angela Barrett  
Illustrated by David Walsh





When Grandma came to visit, a fun time was assured  
With such a lively lady round, we were never **EVER** bored.

This time Grandma brought us something really clever and cool –  
a very special lunchbox to help choose good food for school.



She placed the pea-green lunchbox in front of Sprint and I.



“It’s **MAGIC**,” she said, with a twinkle in her eye.

“The lunchbox knows what’s healthy –  
the lunchbox never lies.

Put in what you think is good, and you’ll get a big surprise.”

“Mango, you go first,”  
said Sprint, looking most suspicious.



“Put this chocolate muffin in –  
it really is delicious.”



With a

**JIGGLE**

and a

**ZAP**

and a

**POP**

and a

**SQUEAK!**

... suddenly, the lunchbox began to **SPEAK!**





Right before our very eyes,  
the muffin got the toss,  
Sprint and I just stood and stared.  
Our little lunch was lost.



Next we tried



a sandwich,



some orange



and a pikelet.



The lunchbox kept it in this time,  
it really must have liked it.

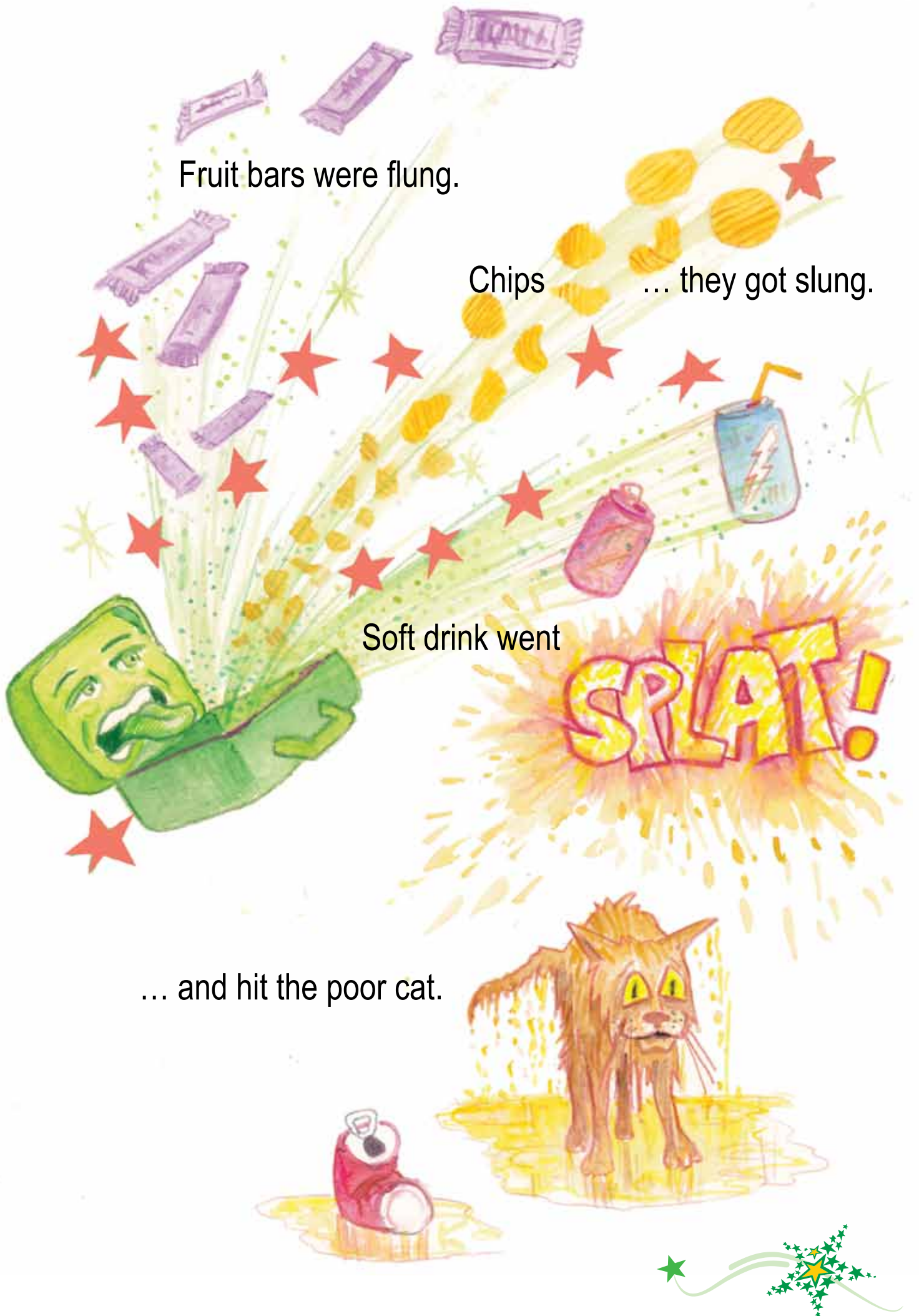
Fruit bars were flung.

Chips ... they got slung.

Soft drink went

**SPLAT!**

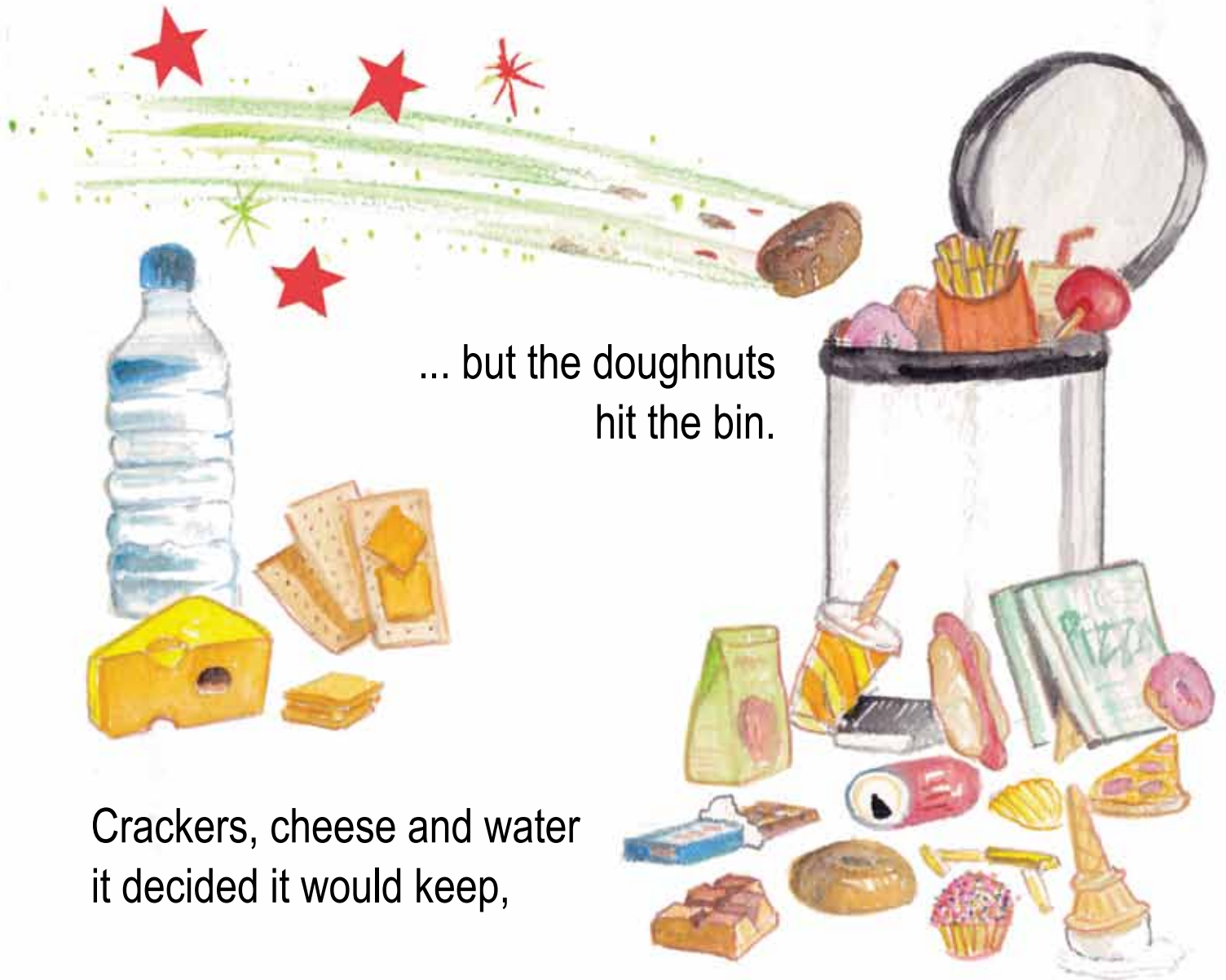
... and hit the poor cat.





Kiwi fruit was kept and  
capsicum stayed in.

Ricecakes they all made it



... but the doughnuts  
hit the bin.

Crackers, cheese and water  
it decided it would keep,

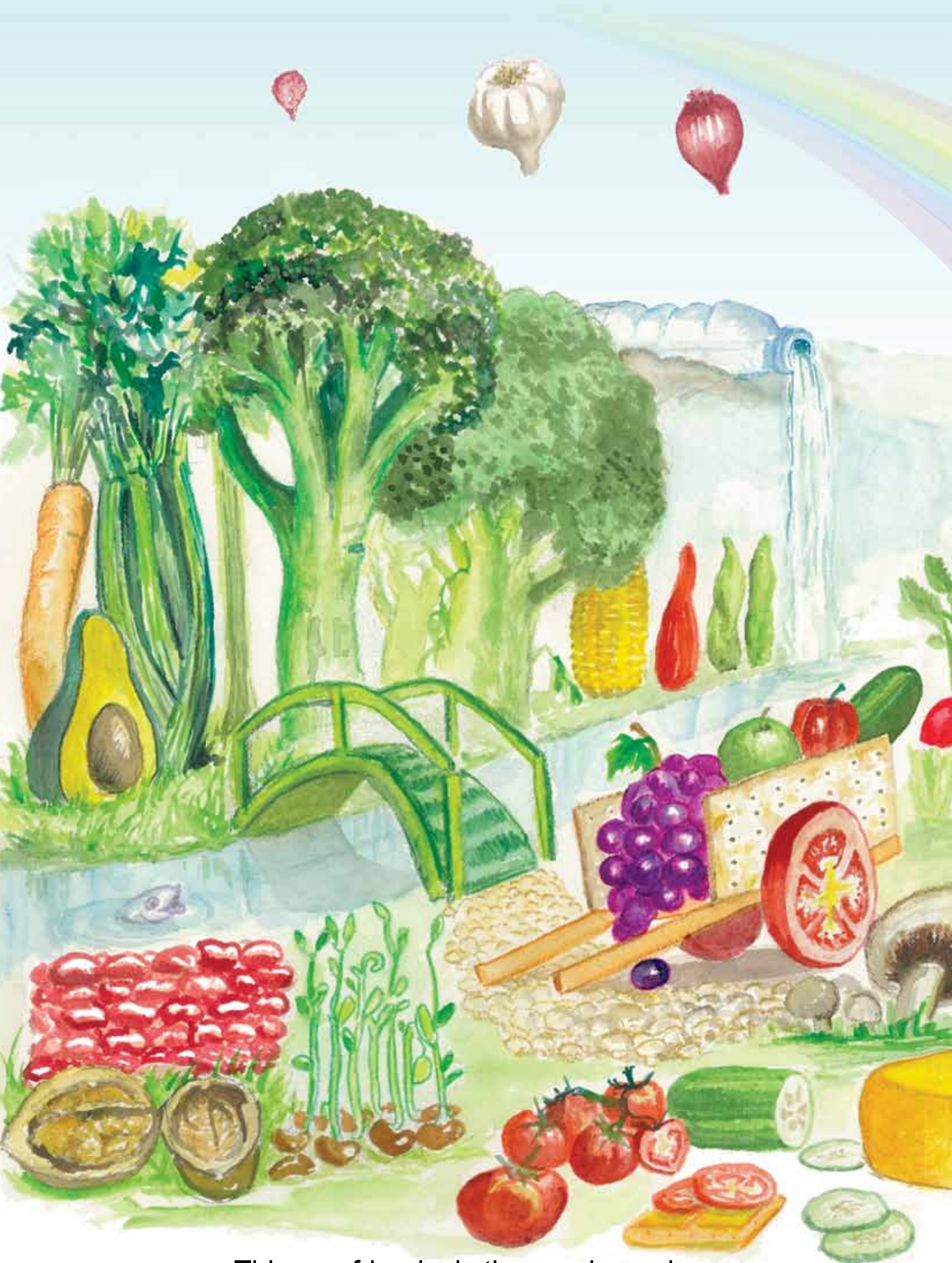
While chocolate and packaged things firmly hit the heap.

At last when it was finished, the lunchbox looked content.  
As for all the healthy food... we didn't know where it went!



Just then the lunchbox flipped its lid  
and showed itself with pride...





This, my friends, is the magic made...



... when you put good food inside.

Mango and Sprint are preparing for 'big school'.  
Grandma comes to visit and gives them a lunchbox.

**... But it's no ordinary lunchbox!**

