

A MULTILINGUAL GUIDE TO LUNCHBOXES:

BURMESE AND ENGLISH:

Mainnrae k layytway naelaalhear aate twaymhar bhar
shi sang salell

What should be in your kids lunchbox?

Naelaihear box ko hcatekuumyarr:



- 'munch and crunch' aatwat saitsee taitpain - isaimhar aaseeanhaan taithkulone shoetmahote hainnseehainnrwat myarr aamyann saw ray hear hpyitsai .



- Naelaihear twin a sarr nyhautpaung (shoet) htote myarr parwainsai . shoetsaw htonetam hcain lar saan nhang hkoutswal hainnyaarmyarr ko aarr payysai.



- Hthoetaapyin kyannmar saw mone aamyoemyoe parwainsa:

- * kyaatu pyuat
- * aaseeanhaan nhaint hainnseehainnrwat myarr
- * Dein hkyain
- * Crackers shoetmahote poutpout



Lunch box ideas:

- One piece of fruit for 'munch and crunch': this is a quick healthy snack of whole fruit or vegetables each morning
- Lunch can include sandwiches or wraps. However, traditional hot meals of rice and noodle dishes are also encouraged.
- Also include a variety of healthy snacks such as:
 - * A boiled egg
 - * Other fruits and vegetables
 - * Yoghurt
 - * Crackers or popcorn

- Ray sai taitnaetar lone soutsone raan aakaunggsone rwayhkyaalmhu hpyitsai .

- Water is the best choice for drinks throughout the day.



Hainnyaarmyarr sai puu nway hcayraan aahcarraahcar ko puu nway.

To ensure the dishes are hot it is recommended a thermal hot food container be used to keep the meal warm.

FOR MORE INFORMATION ON PLEASE CONTACT
YOUR CHILDS TEACHER OR SCHOOL OFFICE