

## Is your child a fussy eater? Need a few ideas for healthy packed lunches?

BBC have put together these two guides with very helpful tips from other parents.

[Is fussy eating forever?](#)

<http://www.bbc.co.uk/guides/zx3f34j>



Worried that fussy eating will affect your child's health? Read some helpful tips to help develop your child's healthy eating habits over time.

[What makes a great packed lunch?](#)

<http://www.bbc.co.uk/guides/zgr4kqt>



Same old sandwiches? There are some very tasty alternatives as well as some healthy fast food ideas. Also a look into just how unhealthy some snacks are.