

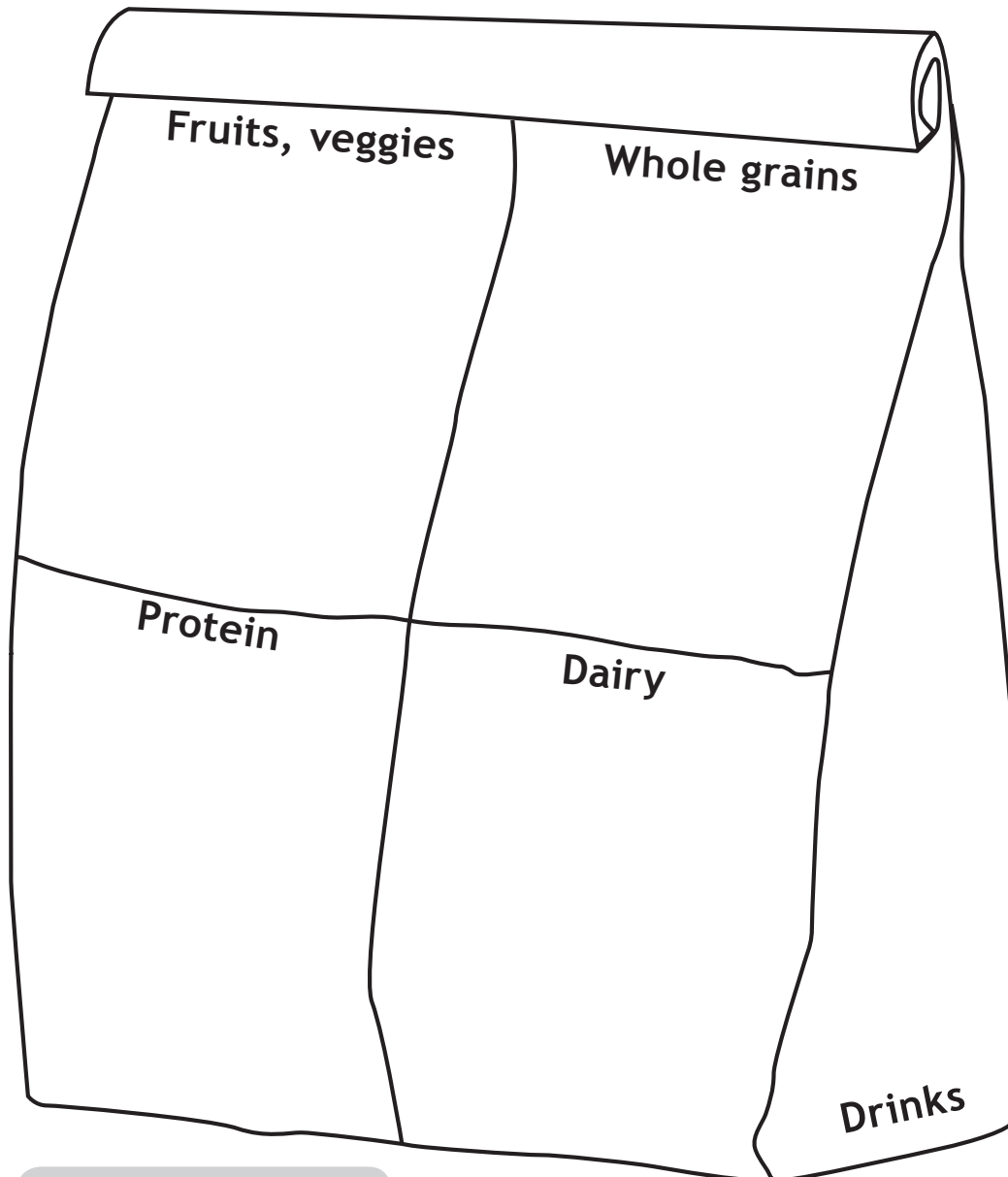


Name: _____

Date: _____

A Winning Lunch

Instructions: Draw the ingredients of a healthy lunch inside the lunch bag. You can use the list at the bottom as a guide. Be sure to include items from at least three food groups. Bon appétit!



Healthy lunch ideas:

apple • banana • orange • grapes • berries • carrots • cucumber • cherry tomatoes • salads
whole-grain breads • whole-wheat tortillas • whole-wheat crackers • whole-grain cereals
lean deli turkey or ham • tuna • chicken • tofu • beans • nuts • eggs
low-fat cheese • low-fat yogurt • low-fat cottage cheese
water • low-fat milk