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