Quiz

Instructions: Fill in the blanks:

1. A healthy school lunch can be either packed or __________________________.

2. I can ask a ___________________________ to help me make healthy lunch choices.

3. Give two examples of these parts of a healthy lunch:
   - Fruits and veggies: ___________________________
   - Protein: ___________________________
   - Drinks: ___________________________
   - Dairy: ___________________________
   - Whole grains: ___________________________

4. Describe or draw your favorite lunch. Then explain how it’s healthy.
   ___________________________
   ___________________________
   ___________________________
   ___________________________
   ___________________________