



Name: _____

Date: _____

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.
