Quiz Answer Key

1. A healthy school lunch can be either packed or ________ bought _________.

2. I can ask a ________ parent or other adult _________ to help me make healthy lunch choices.

3. Give two examples of these parts of a healthy lunch:
   Fruits and veggies: (any two) apple, banana, orange, grapes, berries, carrots, cucumber, cherry tomatoes, salads, etc.
   Protein: (any two) lean deli turkey or ham, tuna, chicken, tofu, beans, nuts, eggs
   Drinks: (any two) water, low-fat milk
   Dairy: (any two) low-fat cheese, low-fat yogurt, or low-fat cottage cheese
   Whole grains: (any two) bread, crackers, tortillas, cereals

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