



Complete this worksheet and
turn in to your coach by _____
to get a **PINK** star!

Level
#1

Name: _____

A Healthier Lunch for a Healthier You

Healthy Habit of the Week:

I will not skip meals and eat breakfast and lunch every day

Key Points:

- We need to fuel our bodies so we can have energy to keep moving.
- Eating a healthy lunch helps refuel our bodies for the rest of the day.
- Eat food from all 5 food groups.
- Half your plate should be fruits and vegetables.
- Drink water or milk instead of sugary drinks.

Build a Healthy Lunch

Draw an arrow from the healthy food to the tray to put your favorite
foods on your lunch tray.

Drink

The Perfect Lunch

Dairy	Protein	Grains
Fruits	Vegetables	

Food items available for selection: Milk carton, Red soda can, Yogurt cup, Fried egg, Black bean, Carrots, Waffles, Cheese, Bread, Avocado, Peas, Broccoli, Watermelon, Banana, Cookie.