



Lesson #16 Activity

What Makes Up a Healthy Lunch?

Remember that a healthy lunch should include:

- **Fruits**
- **Vegetables**
- **Lean Protein**
- **Whole Grains**
- **Dairy or other calcium-rich food or drink**

Instructions: Fill out the worksheet below based on what you had or will have for lunch today – you may write in or draw the foods.

My lunch today includes:

I think these parts of my lunch are healthy choices:

I think these parts of my lunch are unhealthy choices:

I can make my lunch more nutritious by: