



Lesson #16 Activity
What Makes up a Healthy Lunch?

Draw or cut
and paste
examples of
foods here
that are
better choices
for lunch.



Lesson #16 ANSWER KEY

What Makes up a Healthy Lunch?

Replace fries with one of these:

- Side salad
- Fruit
- Yogurt
- Granola bar
- Cut up veggies
- Cheese and crackers
- Hummus and pita

The apple is a good choice. Students should not remove this item. Another type of fruit or vegetable would also be acceptable.

Soda or other sugary drinks should be replaced with milk or water.

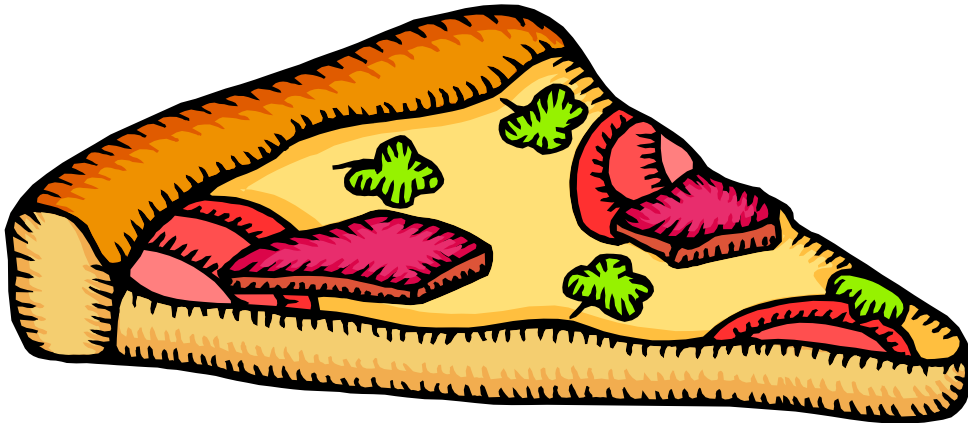
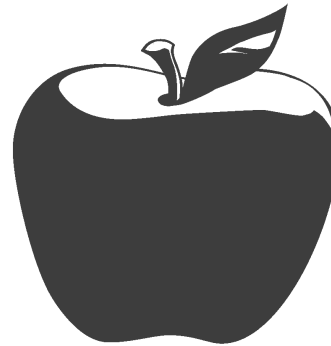
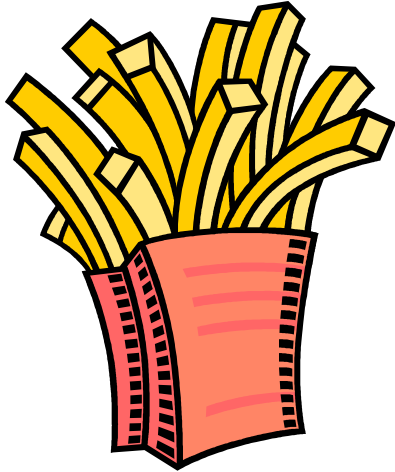
Pizza is OK once in a while, but better choices are:

- Turkey or ham sandwich on whole grain bread with lettuce
- Tuna sandwich
- Peanut butter and jelly
- Soup and salad
- Dinner leftovers, such as pasta, chicken, etc.



Lesson #16 Activity

What makes up a healthy lunch?



What would you add or take away to make this a healthier lunch?

Draw or cut and paste examples of healthy lunch foods on the next page.