



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

Level
#2

Name: _____

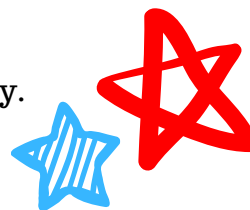
A Healthier Lunch for a Healthier You

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

Fill in the lunch tray by coloring in your favorite healthy foods you get
at lunch.

Drink



Remember your food choices should be
healthy!



Dairy	Protein	Grains	
The Perfect Lunch			
Fruits	Vegetables		



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Inspiring kids for life

Resources

<https://www.teacherspayteachers.com/Product/Health-and-Nutrition-The-Perfect-Lunch-Writing-Activity-1080796>