



It's Cool to Eat

Lunch

At

SCHOOL

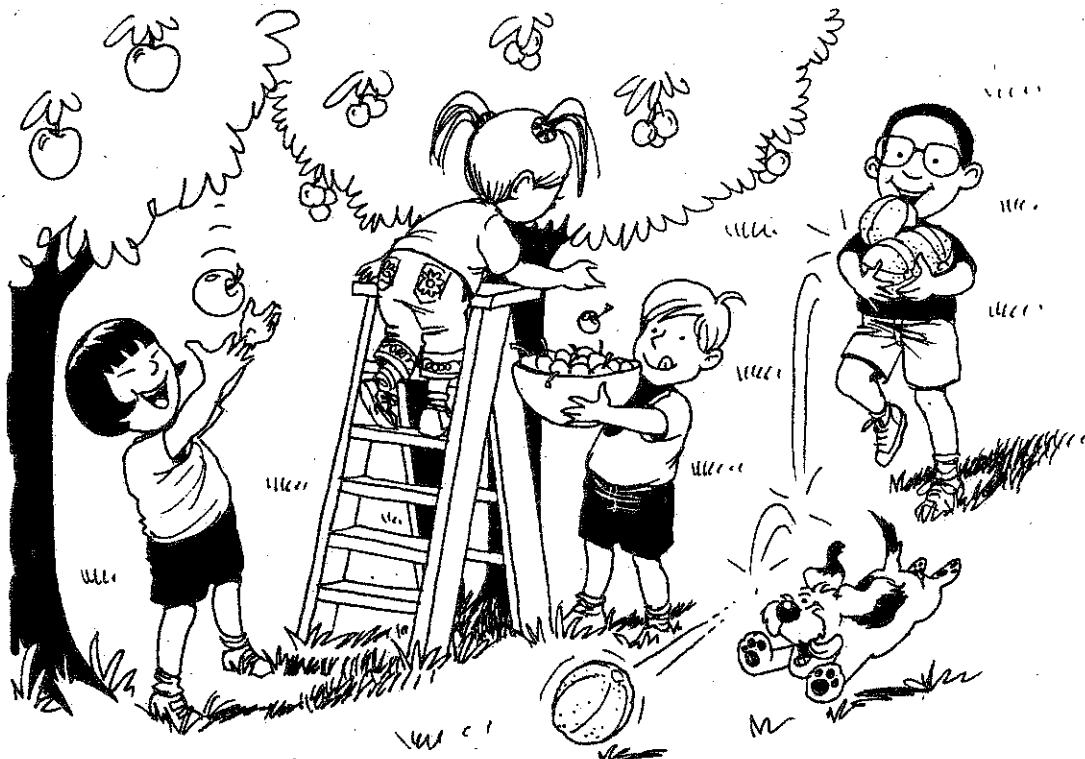
Fruits also give us the nutrients we need. And they are delicious!



Fruit Find

Circle the names of 12 fruits in the puzzle. Look across and down. The first one has been done for you.

APPLE	A	V	O	R	A	N	G	E	C
AVOCADO	B	A	N	A	P	E	A	C	H
BANANA	L	P	L	U	M	A	P	H	E
BLUEBERRY	E	P	E	M	U	B	L	E	E
CHERRY	B	L	U	E	B	E	R	R	Y
FIG	A	E	R	L	A	I	F	R	R
LEMON	N	O	Y	O	V	D	I	Y	R
MANGO	A	M	A	N	G	O	G	O	Z
MELON	N	I	F	L	E	M	O	N	E
ORANGE	A	V	O	C	A	D	O	D	N
PEACH									
PLUM									



Show What You Know!

Take this fun quiz to show what you learned about eating right.



Circle the correct answer to complete each sentence.



1. School lunches help you eat _____ every day.

- a. roller skates b. video games c. healthy foods



2. Fruits and vegetables are full of _____ and minerals.

- a. vitamins b. kittens c. metal



3. Add color and variety to your diet by eating a " _____ " each day.

- a. backpack b. rainbow c. giraffe

4. Milk products build _____ bones and teeth.

- a. crooked b. funny c. strong



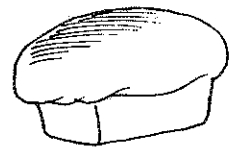
5. Beans, eggs, fish, and _____ are part of the meat group.

- a. chicken b. onions c. sunflowers



6. It's best to eat _____ grains.

- a. three b. green c. whole



7. Choose food from every _____ each day.

- a. library book b. food group c. birthday cake



8. To be healthy you need to eat right and get lots of _____.

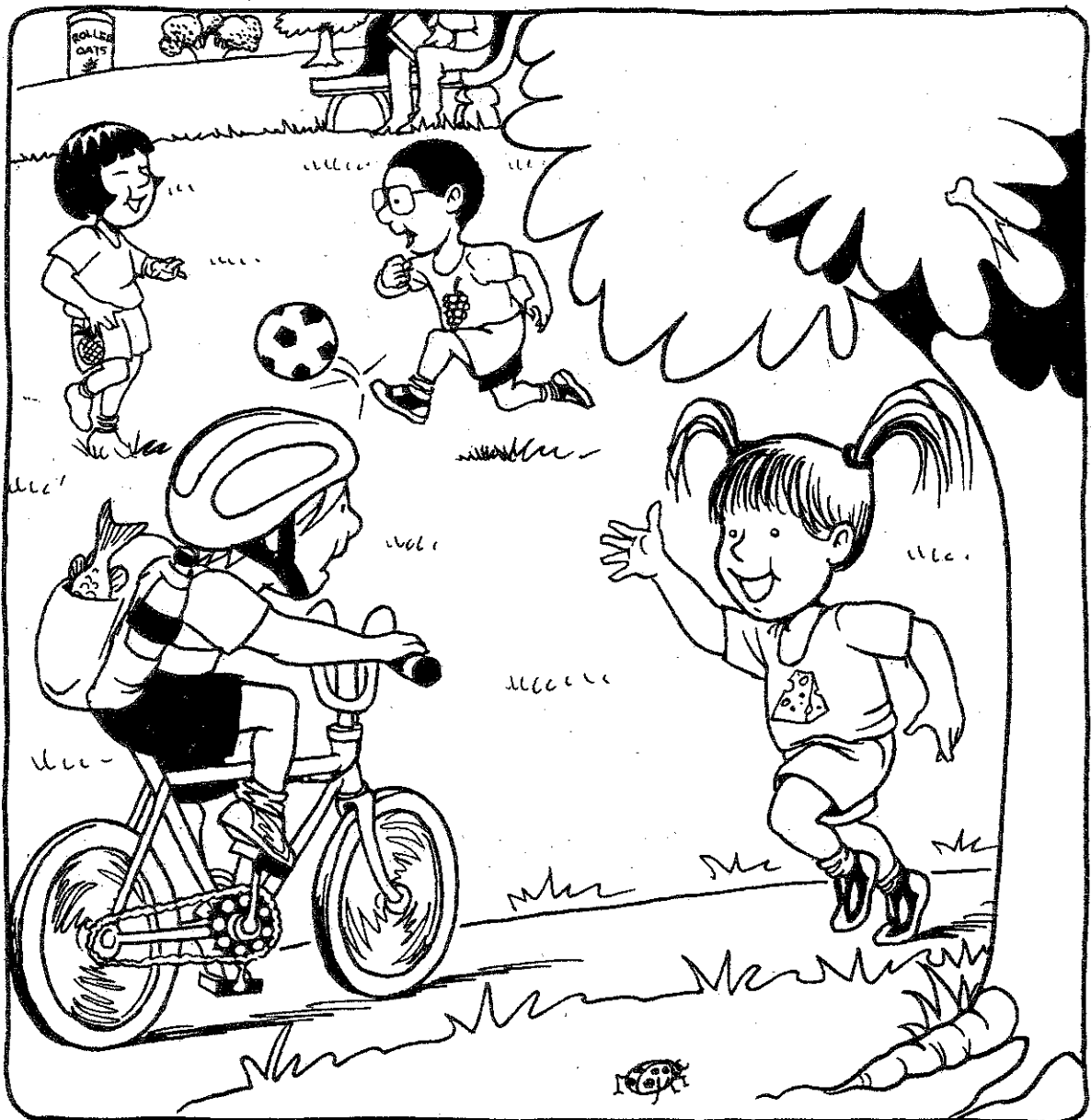
- a. cookies b. shoes c. exercise

The right foods keep us healthy and help us feel and look good. Exercise is also important for our health. Play sports, jog, swim, bike, or just walk. Do something active every day to have fun and be your best!

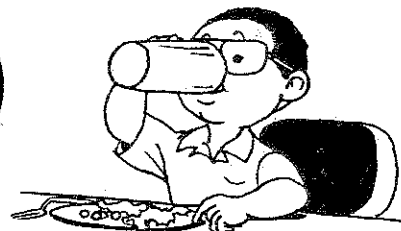
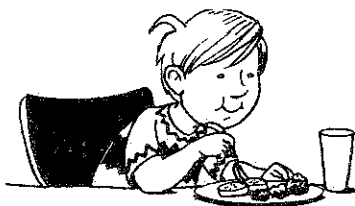


Discover Healthy Foods

Find the 9 healthy foods hidden in this picture.



Lunch isn't the only time to eat right! Choose healthy foods for breakfast, dinner, and snacks. When you snack, remember to pick foods low in sugar and fat. Try to avoid salty snacks, too.



ACTIVITY

Secret Snack Code

Use the Code Key to decode these healthy snack ideas.

1. _____ slices with cinnamon.



2. A small box of _____



3. _____ with low-fat dip.



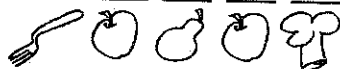
4. An English muffin with _____ sauce.



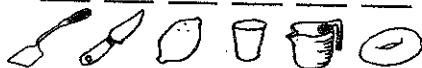
5. A handful of unsalted _____



6. A green _____ with low-fat dressing.



7. Low-fat _____ with fruit.



CODE KEY

A =

B =

C =

D =

E =

G =

I =

L =

N =

O =

P =

R =

S =

T =

U =

Y =

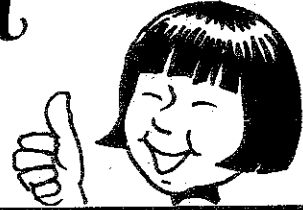
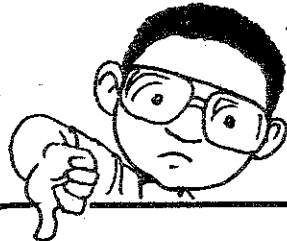
Z =




















Z =

Z =

Try to avoid eating foods high in fat and sugar. Make good choices instead!

Eating Smart Chart



Instead of these foods high in fat and sugar...	Choose these healthier foods!
 <p>Soda</p>	<p>Water or low-fat milk</p> 
 <p>Candy</p>	<p>Dried or fresh fruit</p> 
 <p>Potato or corn chips</p>	<p>Popcorn or pretzels</p>  
 <p>Donut</p>	<p>Bagel or English muffin</p> 
 <p>French fries</p>	<p>Carrot or celery sticks</p> 
 <p>Fried chicken</p>	<p>Turkey slices</p> 
 <p>Ice cream</p>	<p>Frozen yogurt</p> 
 <p>Chocolate chip cookie</p>	<p>Graham crackers</p> 
 <p>Mayonnaise</p>	<p>Mustard or low-fat mayonnaise</p> 

Milk products are great for growing kids. They build strong bones and teeth. Choose low-fat milk products when you can. They're better for you!

ACTIVITY



Milk Maze

Milk comes from cows. Help this cow get to the barn so the farmer can milk her. Along the way you will find products made from milk.

