

BUILD YOUR OWN LUNCH

Name: _____

How to get started

1. Think of a lunch you would like to eat. Write the name of this lunch in the space below.
2. Use the foods from the Lunch Box Guide as inspiration to build a lunch you would enjoy eating. If there are other foods and drinks you like that are not on this list, you can add these as well.

- A.** What types of vegetables and fruits would you like in your lunch? Write the names of at least two in the space below.
- B.** What type of whole grain foods would you like in your lunch? Write the name of at least one in the space below.
- C.** What types of protein foods would you like in your lunch? Write the names of at least two in the space below.
- D.** What type of sauces or sides would you like in your lunch? Write the names in the space below.

The name of my lunch is: _____

3. Draw or add a picture of each item in your lunch (below) and what your lunch looks like once put together (right).

This is what is in my lunch

TWO TYPES OF
VEGETABLES AND FRUITS

ONE TYPE OF
WHOLE GRAIN FOOD

TWO TYPES OF
PROTEIN FOODS

SAUCES AND SIDES: _____



My lunch looks like this

