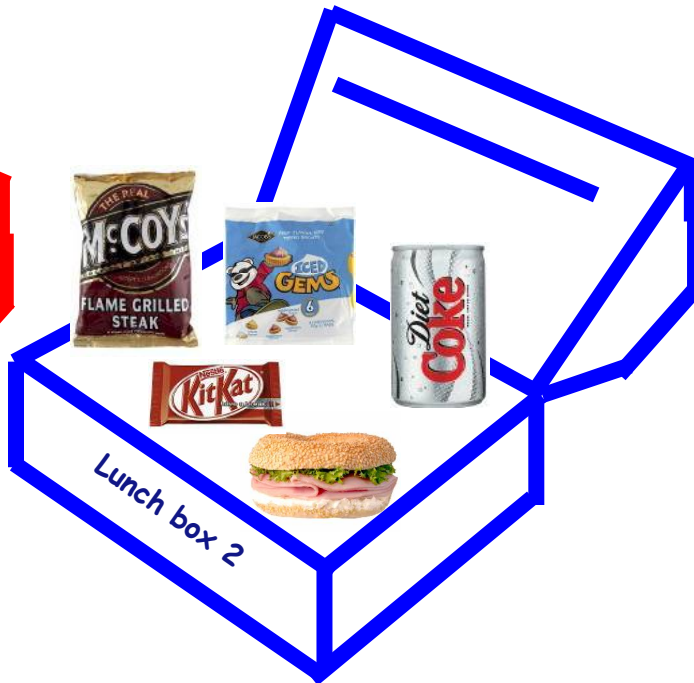
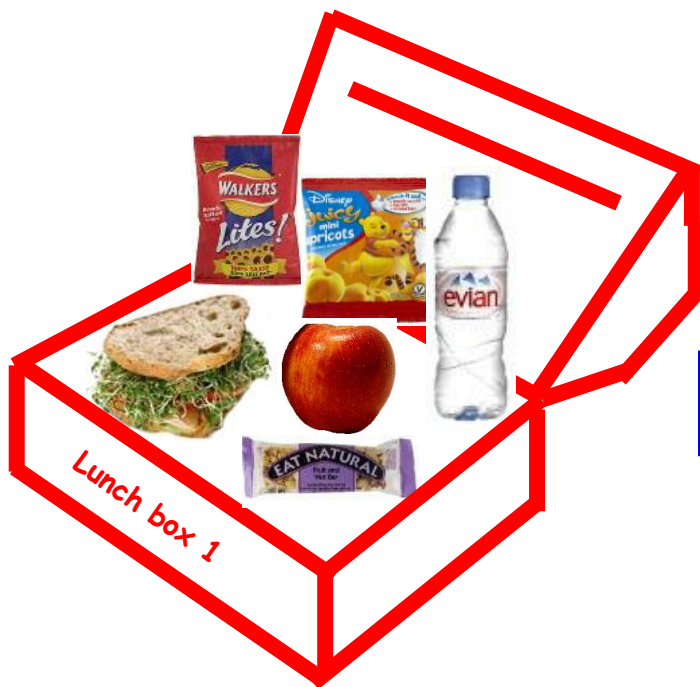


My lunch box or picnic

Name _____ Class _____

You have been asked to look at 2 filled lunch boxes. You know the importance of eating healthily but are still not certain if these lunch boxes are well-balanced. Look at them carefully and make changes.



Put each item from the lunch box into the correct food group

Lunch box 1

Starchy

Protein

Fruit & veg

Dairy

Treats

Lunch box 2

Starchy

Protein

Fruit & veg

Dairy

Treats

Is lunch box 1 healthy? YES NO

Is lunch box 2 healthy? YES NO

You can now cross out some foods in the lunch boxes and draw in your own to make them really healthy. **THINK PYRAMID!**