

# BUILD A BALANCED LUNCH

Let's build a balanced lunch! Pack this reusable lunch bag with nutritious food from all 5 food groups.

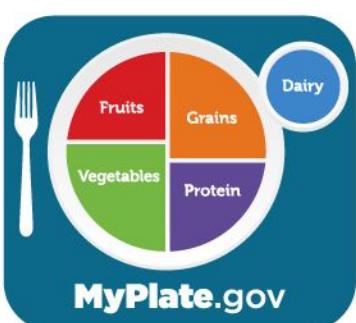
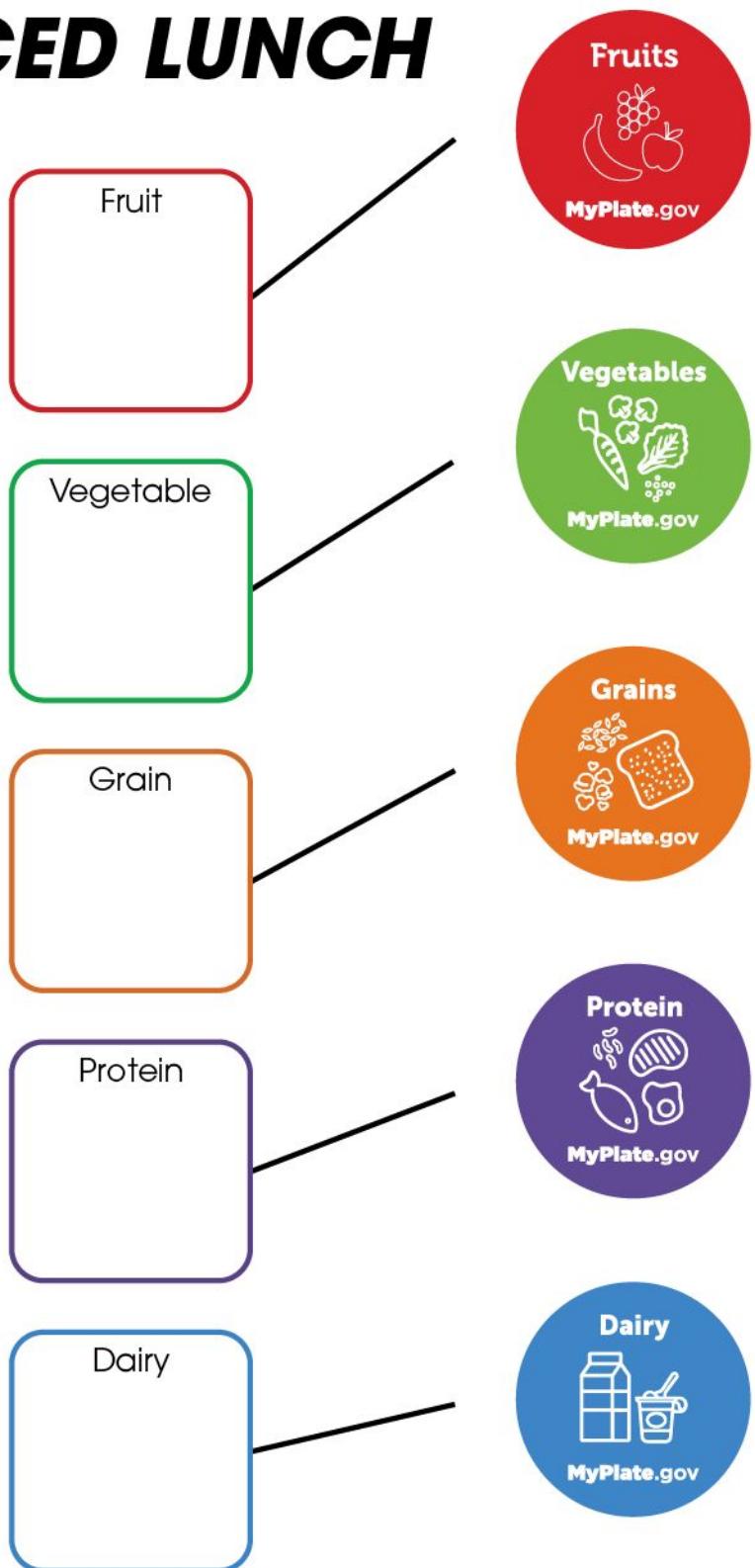
First, write your name on the bag. Next, in the boxes, draw pictures or write the names of lunch foods from each group.



**Don't forget recess!** Take 15 minutes before or after your lunch to get some fun physical activity! What did you do for recess today?



Activity Name	Activity Time



# BUILD A BALANCED DINNER

Let's build a balanced dinner!  
Fill your plate with nutritious food  
from all 5 food groups.

First, write your name on the line.  
Next, in the boxes, draw pictures or  
write the names of foods from each  
group.

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Your Name

Dairy

Fruits



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Vegetables



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Grains



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Fruit

Grain

Vegetable

Protein

Protein

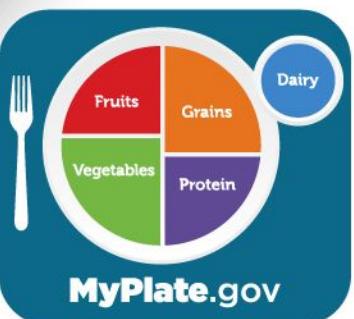


MyPlate.gov

Dairy



MyPlate.gov



# FOOD GROUP FOOD LISTS (YUM!)

We started each list. Now add your favorite foods in each food group!  
Don't forget the physical activity. List your favorite games and activities.



## Fruits

Blackberries, Cantaloupe, Pineapple, Raisins, Red grapes



## Vegetables

Broccoli, Celery, Collard greens, Green Pepper, Sweet potato



## Grains

Brown rice, Corn tortilla, Oatmeal, Popcorn, Whole wheat bread



## Protein Foods

Eggs, Hamburger, Pinto beans, Tofu, Tuna



## Dairy Foods

Cottage cheese, Lowfat milk, Mozzarella cheese, Soy milk, Yogurt



## Activities

Bike riding, Jumping rope, Swimming

