

Fill Your Stomach with a Healthy Lunch Reading and Writing Activity

skip	eating	swap	healthy	100% whole grain	food groups	school	running	lunchtime
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Fill in the Blanks

1. Power up during lunch with the five food groups.
2. It's hard for your brain to think when you skip lunch.
3. Calcium builds strong bones for running and jumping during lunchtime.
4. It's up to you to choose healthy foods during lunchtime.
5. Make your sandwich with 100% whole grain bread.
6. Fueling up at lunch with fruits and vegetables helps do your best in school.
7. Protein is important at lunchtime to help your body grow. Vary your protein with seeds, nuts and eggs.
8. After eating your lunch, enjoy some active playtime with your friends.
9. It's best not to swap lunches. Your family made your lunch special just for you.

