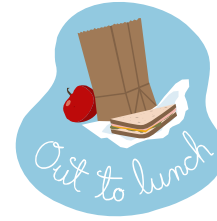




How Healthy Is Your Lunch?

Name _____



Use your tally sheet to help you answer the questions.

1. Did you have food from different food groups? YES NO
2. Did you have too much of one food group? YES NO
3. Did you have too little of one food group? YES NO
4. Do you think your lunch is healthy? YES NO

5. What food could you get rid of that would make your lunch healthier?

6. What food could you add to your lunch to make it healthier?

7. What makes a healthy lunch? Draw a picture of a healthy lunch below: