

LOVE YOUR LUNCH



Classroom Activity

Reproducible Master

PART 1: Want a recipe for success in school this year? Start by making sure you eat a healthful school lunch each and every day. That includes low-fat dairy foods (i.e., milk, yogurt, and cheese), whole grains, vegetables, fruit, and protein foods such as meat, poultry, fish, eggs, and dry beans. Dairy foods, such as yogurt, are also packed with protein.



Use this chart to see how you're doing each day of National School Lunch Week, October 9-13. After lunch each day, check off the food groups you included in your food selections. Then, in the bottom row, write your favorite lunch item and rate it by filling in one to five emojis.

	OCT. 9	OCT. 10	OCT. 11	OCT. 12	OCT. 13
LOW-FAT DAIRY					
WHOLE GRAINS					
VEGETABLES					
FRUIT					
PROTEIN FOODS					
FAVORITE FOOD					
	♡♡♡♡♡	♡♡♡♡♡	♡♡♡♡♡	♡♡♡♡♡	♡♡♡♡♡

PART 2: Here's your chance to be creative! Write your own healthful **Love Your Lunch** recipe using low-fat dairy products such as milk, cheese, or yogurt. Then share it with classmates, your school's lunch staff, or upload it at ymiclassroom.com/adane-lunch.

My LOVE YOUR LUNCH Recipe

DID YOU KNOW
that students who eat healthy at school score better on tests and are absent less often?