

# HEY, KIDS!

## Build A Healthful Bagged Lunch!

### It's Lunchtime!

The bell rings and  
it's time for lunch.

Did you pack  
healthful foods  
in your lunch bag?



### Eat a Rainbow of Color

Try to pick foods of all different colors. Think of a **rainbow**.

It is good to have many colors on your tray because that means you chose many different kinds of food.

### Choose Foods From Each Food Group

Try to choose foods from each of the five food groups. This will help you build a healthful lunch. Here are some ideas:

- **Vegetables:** carrots or celery
- **Fruits:** apples, bananas or strawberries
- **Grains:** bread, tortilla or bagel
- **Dairy:** milk, yogurt or cheese
- **Protein:** meat, peanut butter or nuts.



**Flip the page over to practice  
building your own lunch!**

# Build Your Own Lunch!

Circle the **healthful** foods you would like to pack in your lunch. Try to choose foods of all different colors from each food group.



tuna salad  
on sub roll



can of pop



turkey sandwich on  
whole grain bread



fresh fruit



potato chips



baby carrots



bologna sandwich



yogurt



salad



mixed nuts



apple



chocolate  
chip cookie



grapes



pretzels



skim milk



sports  
drink



peanut butter and  
jelly sandwich on  
whole grain bread



cheesy snack  
crackers



whole grain crackers  
with cheese slices



snack cake