## A Healthy Lunch Gives Me Energy!



Colour the Stars!	Monday	Tuesday	Wednesday	Thursday	Friday
I ate a healthy lunch today with food from the four food groups.					
Cross off which food group you ate for	MILK	MEK O	MILK	MILK	MILK
lunch today.					
Colour in a star if you ate from at least <i>three</i> of the food groups in your lunch.					

Resource: http://www.nourishinteractive.com