
















A Healthy Lunch Gives Me Energy!

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