

Fill Your Stomach with a Healthy Lunch Reading and Writing Activity

skip	eating	swap	healthy	100% whole grain	food groups	school	running	lunchtime
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Fill in the Blanks

1. Power up during lunch with the five _____.
2. It's hard for your brain to think when you _____ lunch.
3. Calcium builds strong bones for _____ and jumping during lunchtime.
4. It's up to you to choose _____ foods during lunchtime.
5. Make your sandwich with _____ bread.
6. Fueling up at lunch with fruits and vegetables helps do your best in _____.
7. Protein is important at _____ to help your body grow. Vary your protein with seeds, nuts and eggs.
8. After _____ your lunch, enjoy some active playtime with your friends.
9. It's best not to _____ lunches. Your family made your lunch special just for you.

