






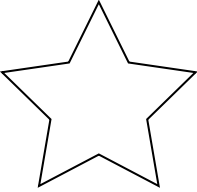
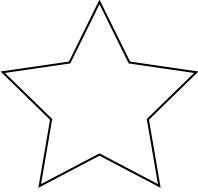
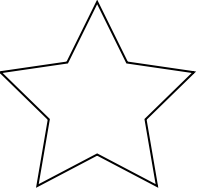
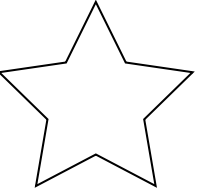
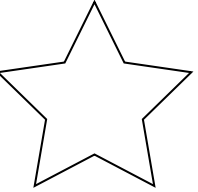
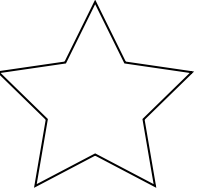
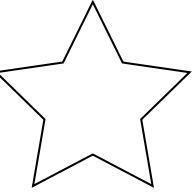


# A Healthy Lunch Gives Me Energy!

Color the characters	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I ate a healthy lunch today with foods from the food groups							
Color a star, if you ate from at least three food groups in your lunch.							

List some of your favorite lunches:

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Visit [www.ChefSolus.com](http://www.ChefSolus.com) for Free online nutrition games, healthy interactive tools, fun activities, and tips!

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