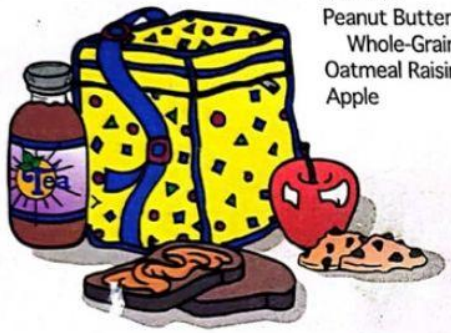
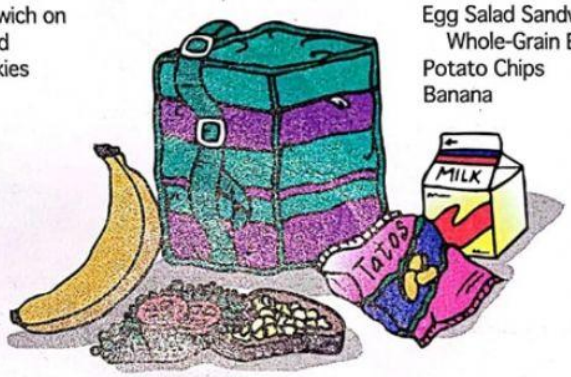
Do You Know?

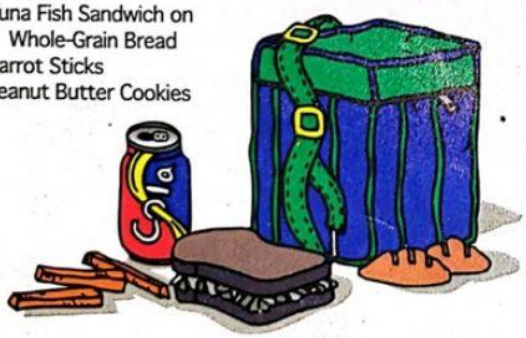
One thing is wrong with each lunch. Draw a line through it and write beside it a food or drink that is needed to make it a good lunch.



Iced Tea
Peanut Butter Sandwich on Whole-Grain Bread
Oatmeal Raisin Cookies
Apple



Milk
Egg Salad Sandwich on Whole-Grain Bread
Potato Chips
Banana



Soft Drink
Tuna Fish Sandwich on Whole-Grain Bread
Carrot Sticks
Peanut Butter Cookies



Milk
Meat and Cheese Sandwich on Whole-Grain Bread
Tangerine
Candy Bar

something YOU can do



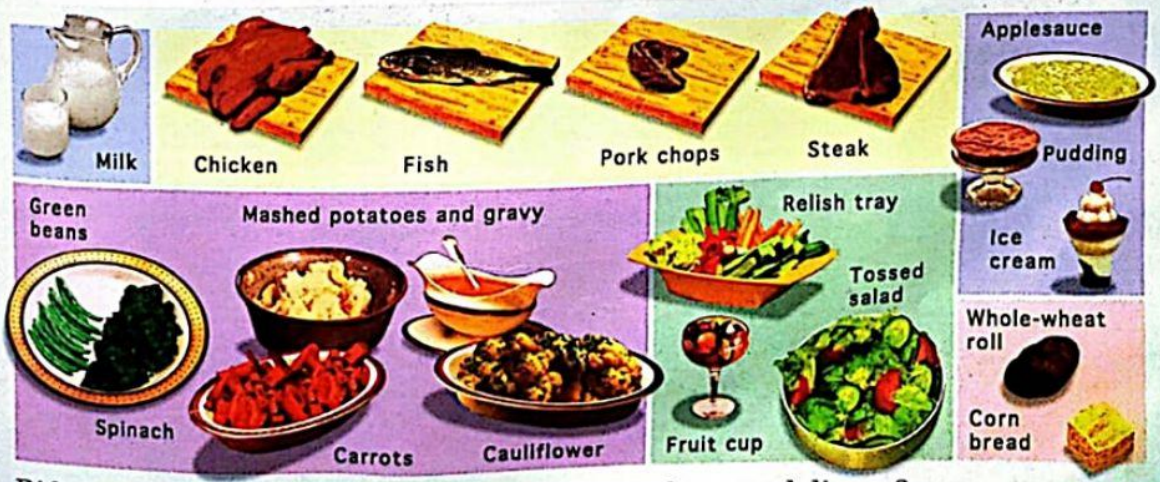
Can you put together foods that will make a good dinner? Remember, you should not eat a large dinner in the evening.

_____ _____

_____ _____

_____ _____

_____ _____



Did you include everything that is needed to make a good dinner?

LIVEWORKSHEETS