



cheese



chicken



eggs



butter



fish



sausages



yogurt



honey



bread



rice



cereal



noodles



tea



pasta



oil



flour



sugar



nuts



spices



coffee



milk



juice



water

In the fridge

In the pantry

Drinks

Choose one of these foods to make for **lunch.**



hamburger



sandwich



omelet



pizza

Find something healthy for your **snack box.**



Food and drink

What **vegetables** have you eaten today?



Choose three of these foods to make a **salad**.



tomato

cucumber

olives

lettuce

celery

Fruit

grapes

pineapple

banana

apple

lemon

watermelon

strawberries

orange

potatoes

green beans

cauliflower

carrot

red pepper

onions

pumpkin

peas

cabbage

broccoli

cookies

cupcakes

pastries

ice cream

Treats