



Choose one
of these foods
to make for
lunch.



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

Vegetables

Fruit



grapes

pineapple



banana



apple



lemon



potatoes



green beans



cauliflower



carrot



red pepper



onions



pumpkin



peas



cabbage



cookies



cupcakes



pastries



ice cream

Treats