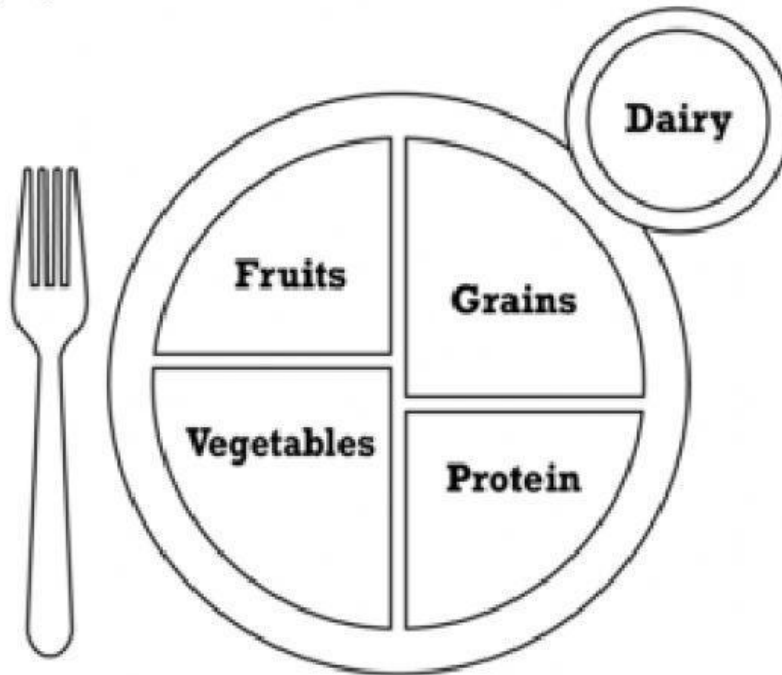


## A Healthy Lunch

Choose the foods below to make a healthy lunch.

Read textbook page 44.

Read textbook page 45.



## **MyPlate**

|                                                                                                        |                                                                                                       |                                                                                                  |
|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <br>Wholemeal bread | <br>Scrambled eggs | <br>milk    |
| <br>doughnut        | <br>soda drink     | <br>lettuce |
| <br>Fried noodles   | <br>grapes         | <br>candies |