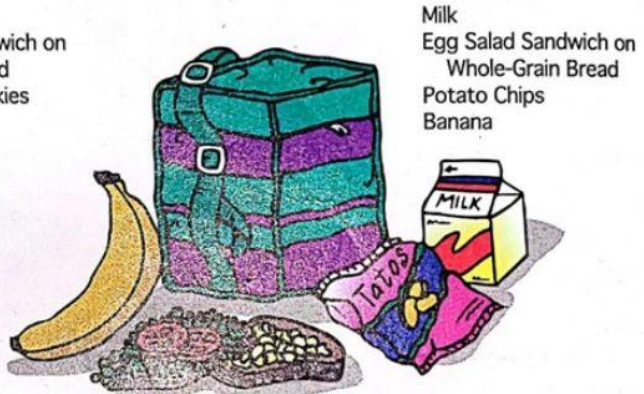


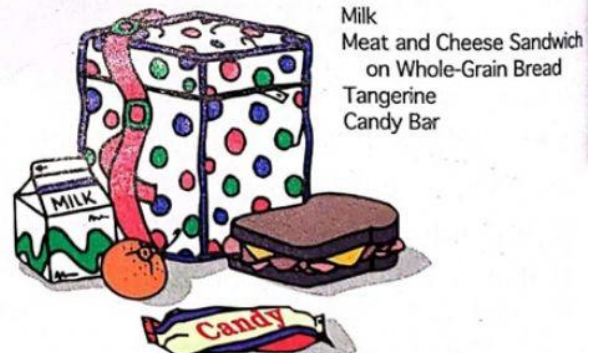
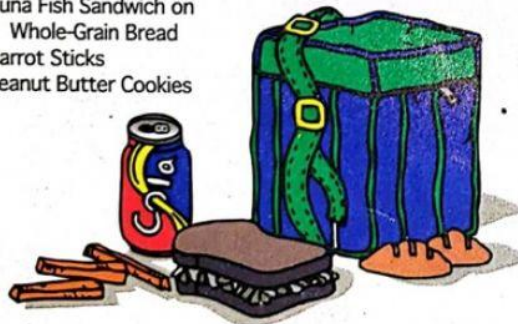
Do You Know?



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.



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



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?