

# BUILD YOUR OWN LUNCH

## How to get started

1. Think of a lunch you would like to eat. Write the name of this lunch in the space below.
2. Use the foods from the Lunch Box Guide as inspiration to build a lunch you would enjoy eating. If there are other foods and drinks you like that are not on this list, you can add these as well.

- A.** What types of vegetables and fruits would you like in your lunch? Write the names of at least two in the space below.
- B.** What type of whole grain foods would you like in your lunch? Write the name of at least one in the space below.
- C.** What types of protein foods would you like in your lunch? Write the names of at least two in the space below.
- D.** What type of sauces or sides would you like in your lunch? Write the names in the space below.



The name of my lunch is: \_\_\_\_\_

3. Draw or add a picture of each item in your lunch (below) and what your lunch looks like once put together (right).

### This is what is in my lunch

TWO TYPES OF  
VEGETABLES AND FRUITS

ONE TYPE OF  
WHOLE GRAIN FOOD

TWO TYPES OF  
PROTEIN FOODS

\_\_\_\_\_

\_\_\_\_\_

**SAUCES AND SIDES:** \_\_\_\_\_

### My lunch looks like this

