



Quiz Answer Key

1. A healthy school lunch can be either packed or bought.
2. I can ask a parent or other adult to help me make healthy lunch choices.
3. Give two examples of these parts of a healthy lunch:
Fruits and veggies: (any two) apple, banana, orange, grapes, berries, carrots, cucumber, cherry tomatoes, salads, etc.
Protein: (any two) lean deli turkey or ham, tuna, chicken, tofu, beans, nuts, eggs
Drinks: (any two) water, low-fat milk
Dairy: (any two) low-fat cheese, low-fat yogurt, or low-fat cottage cheese
Whole grains: (any two) bread, crackers, tortillas, cereals
4. Describe or draw your favorite lunch. Then explain how it's healthy.
