**Munch, Crunch, Lunch for Your Health!** Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Instructions:** As a group, plan a tasty lunch that will also help your health. After you write the name of each item in your lunch, draw a line to the part of the body that the food will help. Some foods may help more than one part of the body. Be sure to have a food for each category and at least one food that helps each part of the body. Draw a picture of your planned lunch (optional).

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| **Beverage:** | **­­­** |
| **Whole Grain(s):** |  |
| **Protein Food:** |  |
| **Calcium Rich Food:** | HAIR |
| **Fruit:** | BRAIN |
| **Vegetables:** |  |
| **Healthy Oils:** | EYES  TEETH |
| **Sometimes Food (Optional):** |  |

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MUSCLES

**Draw your lunch here (optional):**

BONES

SKIN

DIGESTIVE SYSTEM

HEART