**Munch, Crunch, Lunch – Matching Activity** Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
****Did you know that what you eat for lunch can help your body grow, learn in class, and have energy to run and play?

**Instructions:** Cindy is having a stir-fry lunch with fruit and yogurt. Draw a line from each food item to the part or parts of Cindy’s body each food item helps. Use the “Healthy Eating from Head to Toe” poster as a guide.

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| C:\Users\Emily\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WFHUYKHW\MC900347097[1].wmf  BROWN RICE | **LOGOTMMC**C:\Users\Emily\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WFHUYKHW\MP900448560[2].jpg  BONES  MUSCLES  DIGESTIVE SYSTEM  SKIN  HEART  TEETH  EYES  BRAIN  HAIR |
| C:\Users\Emily\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\J3ZJG2K5\MC900233487[1].wmf  CHICKEN |
| C:\Users\Emily\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IDAZPK5G\MC900441780[1].png  CARROTS |
| C:\Users\Emily\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TLY98QKE\MP900049546[1].jpg  BROCCOLI |
| raw almonds  ALOMNDS  photo credit: gourmetsleuth.com |
| C:\Users\Emily\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IDAZPK5G\MC900151163[1].wmf  ORANGE SLICES |
| C:\Users\Emily\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WFHUYKHW\MC900411900[1].wmfLOGOTMMC  YOGURT |