HEART-Y LUNCH QUICK ACTIVITY
(Lesson Idea)

Give a brown paper lunch sack to each child, or have children draw a picture of a brown paper lunch sack or a cafeteria lunch tray on a sheet of drawing paper. Invite them to make a heart-healthy lunch by choosing foods, drawing pictures of the foods on the sack or tray and then labeling the pictures. Encourage children to include a variety of foods in their lunches.

Discuss with children the lunches they have packed. Ask children if the lunch includes a variety. Display the lunches by posting the bags or trays on a bulletin board.