Heart-y Lunch Quick Activity

Give a brown paper lunch sack to each student, or have students 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 labeling the pictures. Encourage students to include a variety of foods in their lunches.

Discuss with students the lunches they have packed. Did they include a variety of foods? Display the “lunches” by posting the bags or trays on a bulletin board.