

COLOUR ME IN

**We can't change the world,
but we can change our small corner!**

**To grow up strong and healthy
it is important to eat a healthy lunch**

**Choose one portion from each of these food groups
to create your perfect lunch**

Then draw pictures of your perfect lunch in the lunchbox below.

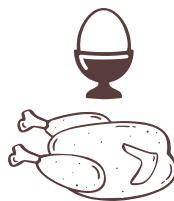
**1.
Starchy
Carbohydrate**



**2.
Vegetables**



**3.
Protein**



**4.
Fruit**



**5.
Dairy**



**What do you
like for lunch?**

