

Name: \_\_\_\_\_ Date: \_\_\_\_\_

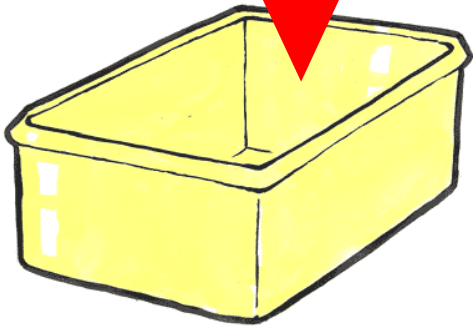
My Lunchbox



**1.** Start with a food to fill you up and give you energy through the day

What would you choose?

**2.** Now add a little food to help you grow



Any ideas?

**5.** Fancy a treat?

What would you have?

**4.** Take a drink

**3.** You need five a day of these

Why not choose two?