

# Welcome to School Lunch!

Eating with friends and trying new foods can be fun.  
There are many choices from each of the five food groups.

Draw a line from each lunch food to the correct food group friend.  
(Answers on back.)

The image shows a matching exercise. On the left, there are five food group characters: Farrah Fruit (a red fruit character with various fruits on her head), Reggie Veggie (a carrot character with a green leafy top), Mary Dairy (a pink yogurt character holding a milk carton), Jane Grain (a character made of spaghetti and rice), and Dean Protein (a character made of a chicken drumstick). On the right, there are five food group labels: Farrah Fruit, Reggie Veggie, Mary Dairy, Jane Grain, and Dean Protein. In the center, there are various food items: a container of Low-Fat Yogurt, a banana, a chicken drumstick, a chocolate cookie, a bunch of cherry tomatoes, a can of Tuna Fish, a yellow squash, a head of broccoli, a bunch of purple grapes, a carton of Fat-Free Milk, an orange, a slice of bread, a bunch of green beans, a bunch of strawberries, and a bowl of spaghetti. Dotted lines connect the food items to their corresponding food group characters: Low-Fat Yogurt to Mary Dairy, Banana to Farrah Fruit, Chicken Drumstick to Dean Protein, Chocolate Cookie to Jane Grain, Cherry Tomatoes to Farrah Fruit, Tuna Fish to Farrah Fruit, Yellow Squash to Reggie Veggie, Broccoli to Reggie Veggie, Purple Grapes to Farrah Fruit, Fat-Free Milk to Mary Dairy, Orange to Farrah Fruit, Bread to Jane Grain, Green Beans to Jane Grain, Strawberries to Farrah Fruit, Spaghetti to Jane Grain.



## Parents

Check with your child's school about joining them for lunch. It's a great way to learn more about the healthy choices on the menu.

# A Color Adventure!

It's fun to find new favorite foods. Choose a new fruit or vegetable of each color to try. Then, hold a family taste test. Write how your family felt about the new food below.

**Draw a picture of the new fruit or vegetable in each box.**



**Red Fruit/Vegetable**

How We Felt About the Food

**Orange Fruit/Vegetable**

How We Felt About the Food

**Yellow Fruit/Vegetable**

How We Felt About the Food

**Green Fruit/Vegetable**

How We Felt About the Food

**Blue Fruit/Vegetable**

How We Felt About the Food

**Purple Fruit/Vegetable**

How We Felt About the Food



**You Did It!**

Celebrate with a trip to the park or playground.

## Parents

Got colors? Try red beans, orange cantaloupe, yellow squash, green kale, blueberries, or purple cabbage. Check the school lunch menu for other ideas.

**Answers:** FRUITS: orange, banana, grapes, strawberries. VEGETABLES: tomatoes, broccoli, green beans, yellow squash. GRAINS: bread, pasta. DAIRY: yogurt, milk. PROTEIN FOODS: tuna fish, chicken leg, hamburger. To learn more about the food groups, visit [MyPlate.gov](http://MyPlate.gov).