
Living Healthy

PART 3 BUYING A BALANCED LUNCH

Now that the students will have the healthy choices in front of them, let's make a meal! Continue the competition by challenging each team to create a healthy lunch including the following:

- At least one serving from each of the four food groups
- A main entrée, side dish, beverage and dessert

The big challenge will be to meet the above criteria while spending the least amount of money. In order to get to this point the students must have purchased the correct foods (Part 1) and separated the foods into the correct piles (Part 2).

Make sure your students race to the finish line with a balanced lunch in the bag!

ANSWER (For teachers/organizers eyes only):

- Main Entrée: Grilled Chicken Burger or Soft Lean Beef Taco (\$2.00)
- Side Dish: Vegetable Sticks and Dip (\$1.00)
- Beverage: Milk or 100% Fruit Juice (\$0.50)
- Dessert: Fresh Fruit or Chocolate Milk Pudding (\$1.00)

Total Cost = \$4.50