

Make Your Own Lunch Art

Supplies: A piece of White Paper, pencil, crayons, markers or colored pencils, a paper plate or something about 7" round to trace.

- 1- Use a paper plate or trace something about 6-7" round onto a piece of white paper.
- 2- Think about your favorite foods.
- 3- Draw your favorite foods to have for lunch on the round plate.
- 4- Tell someone about your choices.
- 5- Answer these questions-

Are there any healthy choices on your plate?

Do you think you could eat this every day?

Will you still be hungry after you eat this lunch?

Will you be very full and need to take a nap after this lunch?

Does your lunch include something green?

Does your lunch include something salty?

Does your lunch include something sweet?

How many colors are in your lunch?

Do you have something crunchy in your lunch?

Do you have something creamy in your lunch?

LUNCH- Roast Beef Sandwich with Cheese, Lettuce and Tomato on Pumpernickle Bread and Fritos, a Sweet Gerkin Pickle and 2 Peanut Butter Chocolate Chip Cookies.

Mmm!

