

Project Heart

Activities for the Classroom

What are you having for lunch today? Are you eating a healthy lunch (things like fruit, vegetables, yogurt, cheese) or are you eating a lot of junk food (like potato chips, cookies, snack cakes)?

Use this worksheet for one week to keep track of what you are eating at lunchtime. Can you find three healthy foods in your lunch today? Write them down in the "Healthy Food" column. How many items in your lunch are junk food? Write them down in the "Junk Food" column.

(The goal is to eat more healthy food than junk food, so if you discover you eat more junk food at lunchtime, try to eat less the next day.)

At the end of the week, add up how many healthy foods you ate and how many junk foods you ate. If you ate more junk food than healthy food, don't give up. Try to eat more healthy foods next week!

NUTRITION

TODAY'S LUNCH

| Day: | Healthy Food: | Junk Food: |
|-----------|---------------|------------|
| Monday | _____ | _____ |
| | _____ | _____ |
| | _____ | _____ |
| | _____ | _____ |
| Tuesday | _____ | _____ |
| | _____ | _____ |
| | _____ | _____ |
| | _____ | _____ |
| Wednesday | _____ | _____ |
| | _____ | _____ |
| | _____ | _____ |
| | _____ | _____ |
| Thursday | _____ | _____ |
| | _____ | _____ |
| | _____ | _____ |
| | _____ | _____ |
| Friday | _____ | _____ |
| | _____ | _____ |
| | _____ | _____ |
| | _____ | _____ |
| TOTAL | _____ | _____ |