

Student name _____

How did that get into my lunchbox? – Let's compare lunches!

Divide into groups. Each group divided equally with students who eat the school's food service lunches and students who bring their lunch from home. The students can refer to Choose My Plate (<http://www.choosemyplate.gov/>) or pages 26-27 of the book to help evaluate their lunches.

Category to discuss	Food service lunches	Lunches brought from home
Put the items into the MyPlate categories. Did you have items from all five categories? If not, what were you missing?		
Were the serving sizes, amounts or portions correct for your age?		
What kind of beverage did you have?		
What type of snack did you include for later in the school day?		
What two things could you improve tomorrow?		
Did your breakfast choice make a difference in what you ate for lunch?		
When you go home, what foods or categories do you need to include in supper to complete your MyPlate for the day?		
What else did you learn about your eating habits?		