

# Healthy Lunch... include each food group



# An example of a healthy lunch



# No frying..... Instead

- Grill
- Boil
- Bake



**My final lunch choice:**

1. Describe your lunch as it might be seen on a cafe menu:

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2. Explain why your choice is a good choice for the appearance, taste and texture of the food.

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3. Explain why you think your lunch is healthy and nutritious

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4. Plan how to make your lunch

Ingredients	Equipment
Method	Safety