



Name: _____

Date: _____

What's for Lunch?

Instructions: Fill out this chart for 1 week, and then take a few minutes to reflect upon your lunch choices. On the back, answer the following questions. What patterns do you see regarding the choices you made? What surprises you about what you ate? Did it make a difference whether you bought or packed your lunch? What made it difficult or easy for you to eat a healthy lunch? How can you make healthier choices to eat a more balanced lunch each day? How can your school help students make healthier choices?

| Day of Week | What I Ate for Lunch | Packed or Bought? |
|-------------|----------------------|--|
| Monday | | <input type="checkbox"/> Packed <input type="checkbox"/> Bought |
| Tuesday | | <input type="checkbox"/> Packed <input type="checkbox"/> Bought |
| Wednesday | | <input type="checkbox"/> Packed <input type="checkbox"/> Bought |
| Thursday | | <input type="checkbox"/> Packed <input type="checkbox"/> Bought |
| Friday | | <input type="checkbox"/> Packed <input type="checkbox"/> Bought |