

Lunchbox Bingo! – make sure every food group has at least one tick.	CARBOHYDRATE	PROTEIN	CALCIUM	FRUIT	VEGETABLE	DRINK
MONDAY						
TUESDAY						1
WEDNESDAY		I	ı	l	l	Į.
THURSDAY	1	1	1	1	1	1
FRIDAY				1	1	

KEY: ✓ = NUTRITIONAL COMPONENT INCLUDED