

# Wihse's Perfect **A+** Lunch



1

Wihse was stressed with school.

He had:

- 1) A math test right after lunch
- 2) To plan his graduation fundraiser

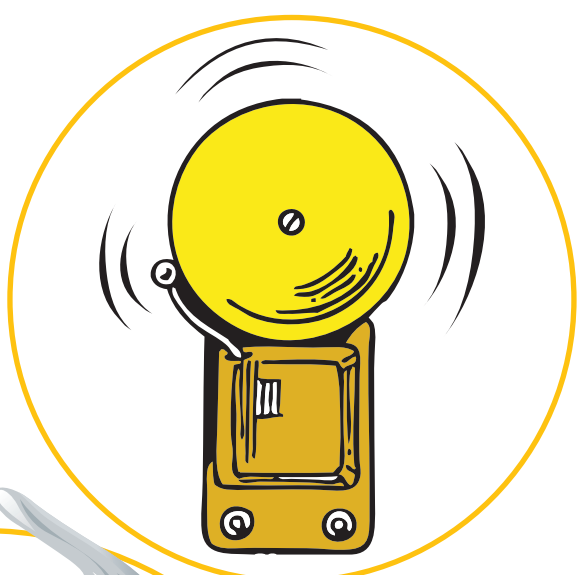


4

Wihse placed his placemat in front of him and set up his meal.

Wihse ate slowly and savored each bite.

2



The lunch bell rang.

Wihse went to wash his hands and then walked into the cafeteria.

The room was bright; his friends were sitting nicely and quietly. He sat down and joined them.



5



Wihse wanted to come up with the most original fundraiser:

He daydreamt about a huge sports tournament and each team would need to raise a certain amount of money to participate. This would promote being active, having fun and raising money!

3

Wihse was so proud of his heart healthy lunch; he had at least 1 food from each food group:



1) **Chicken, lettuce & tomato sandwich on whole wheat bread**

= 1 meat and alternative

& 1 vegetable or fruit & 1 grain product

2) **Squash soup**

= 1 vegetable and fruit

3) **Baby carrots with yogurt**

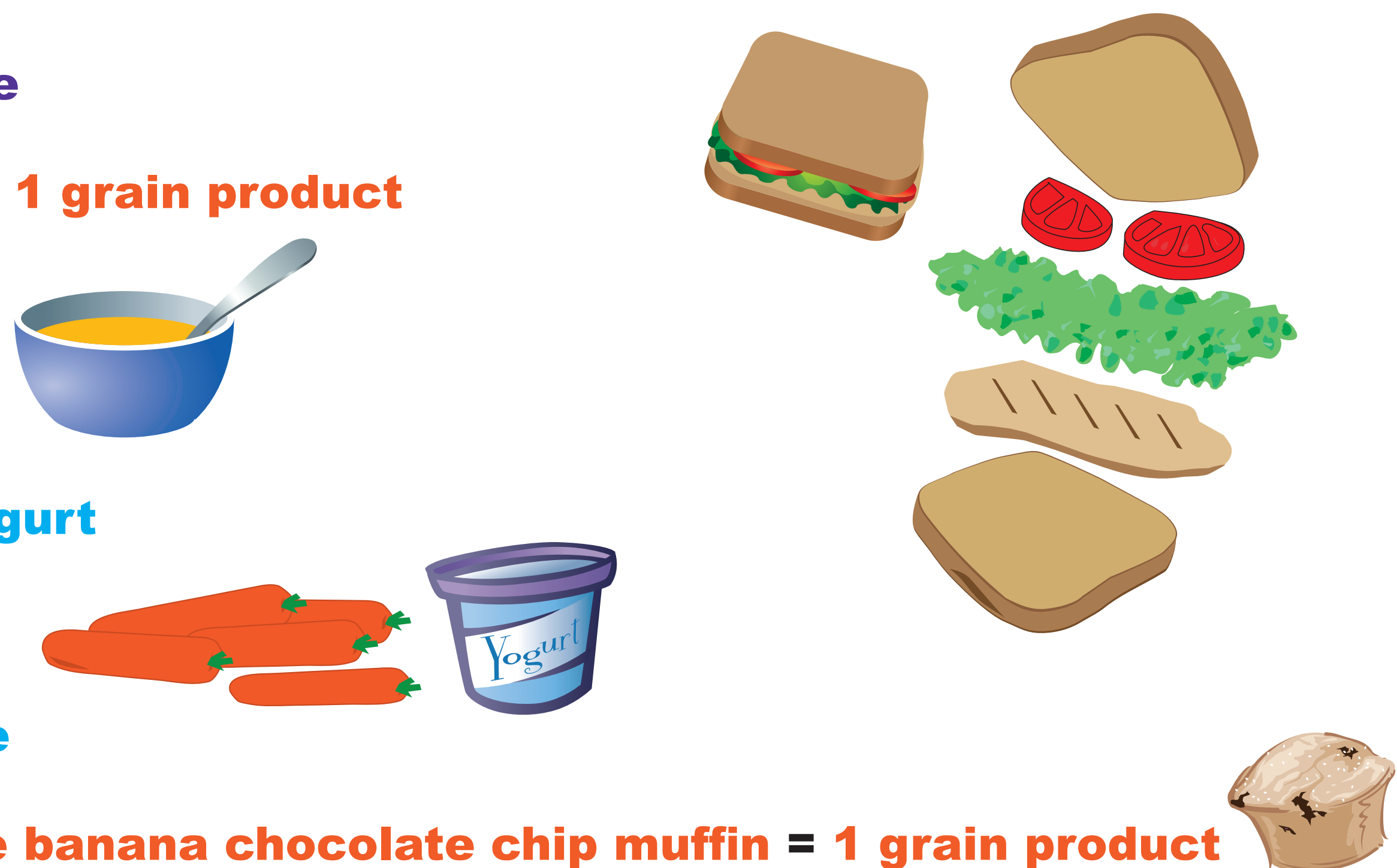
= 1 vegetable and fruit

& 1 milk and alternative

4) His Tota's **homemade banana chocolate chip muffin** = 1 grain product

5) **Freshly squeezed orange juice**

= 1 vegetable and fruit.

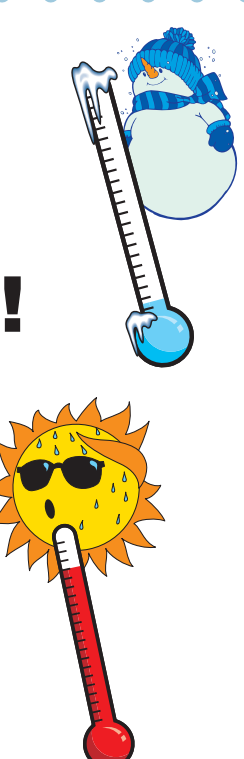


He had an icebox to:

Keep the cold food cold!

He had a thermos to:

Keep the hot food hot!



And finally his

best friend was

able to sit next

to him because his lunch was 100% nut-free!



7

Today, Wihse realized just how **IMPORTANT** it is to:

- ✓ Bring **HEALTHY** food from home
- ✓ Eat in a **POSITIVE ENVIRONMENT**  
(safe, comfortable and pleasant with an enjoyable social aspect)
- ✓ Be given **ENOUGH TIME TO EAT** and **ENJOY HIS MEAL**
- ✓ **STOP EATING WHEN YOU'RE FULL**
- ✓ Keep **HIS HOT FOOD HOT**, and his **COLD FOOD COLD**
- ✓ **MAKE GOOD USE OF LEFTOVERS** from the night before
- ✓ **HELP MAKE YOUR OWN LUNCH**
- ✓ **NUT-FREE** food
- ✓ Include **ALL 4 FOOD GROUPS**
- ✓ **WASH YOUR HANDS** before every meal

