

How to Build a Healthy, Nutritious and Delicious Student Meal



Hello Friends!

I'm Ace and today I will teach you how to build a healthy, nutritious and delicious student meal.

A complete student meal has 5 components or food groups. You may select 1 item from each food group, but you **MUST** take at least 3 different food groups to make a meal that is charged the student lunch price. Also, **one of the food groups on your lunch tray must be fruits or vegetables**. Now let's get started. We'll go over each food group listed below.

1.

First, take a bread or a grain product. Bread and grains, such as pasta and rice, supply energy and have most of the calories your body requires throughout the day to stay strong, healthy and full of energy.

Great!!! I love the pasta salad and the seasoned rice we have at the cafeteria.

Bread & Grains



2.

Second, make sure you get a protein. Protein is found in meat, fish, eggs, beans, and dairy products, like cheese and yogurt. Protein is one of the most important items in your daily lunch to help you grow tall, strong and healthy.

Make sure you mix it up too! Instead of eating chicken nuggets every day, try other foods such as grilled ham and cheese one day, tacos and nachos the next, and one day the turkey salad!

Protein



3.

The third group is fruits. Fruits have vitamins to help you stay healthy and not get sick and to stay more alert in school so you can get better grades.

Fruits



4.

The fourth group is vegetables. Veggies are essential for a nutritionally balanced meal and are another good source of vitamins. You should try different vegetables.

Vegetables



5.

The fifth group is MILK. Always remember to take milk. It helps build strong bones and bodies.

Milk



Now, let's see what's on your food tray...

Dinner Roll (1)
Turkey with Gravy (2)
Fresh Apple (3)
Green Beans (4)
Milk (5)

That looks like a healthy, nutritious and delicious full meal. Good Job!

