

# The Healthy

Respectful Lunchroom



# Did you know?

- Healthy eating means more than just the foods we eat.

Healthy



Healthy



Healthy



Healthy



# Healthy eating

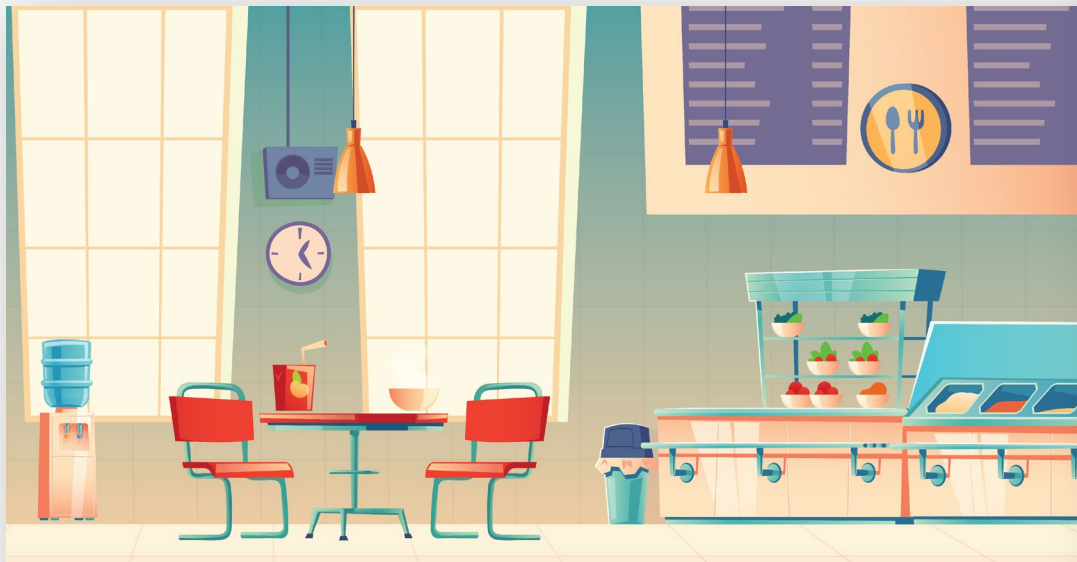
- A big part of healthy eating at school is being kind and respectful to ourselves and our friends in our classroom. Lunch time can be a really busy time!





# When do we eat at school?

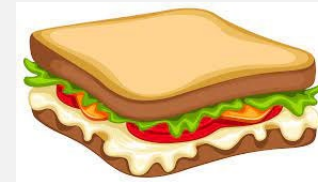
# Where do we eat at school?



What does your lunch box look like? How many different colours do we have in our class?



Can you remember a time you had something surprising or special in your lunch box? What was it? How did it make you feel?



Happy?

Who packs your lunch?  
What are some things  
your adults might be  
thinking about when  
they choose foods for  
your lunch?





What are some things that we can do to stay calm at lunch time?





Can you remember a time you saw a food for the very first time? Do you remember what it smelled like? What did it look like?



Colour?

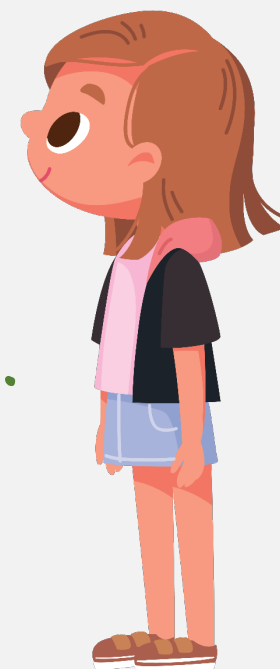
Smell?

Shape?

How does your body tell you that you are hungry? What does it feel like?

*I'm Hungry!*

*Rumble...*





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