Importance of Food for Promoting Growth

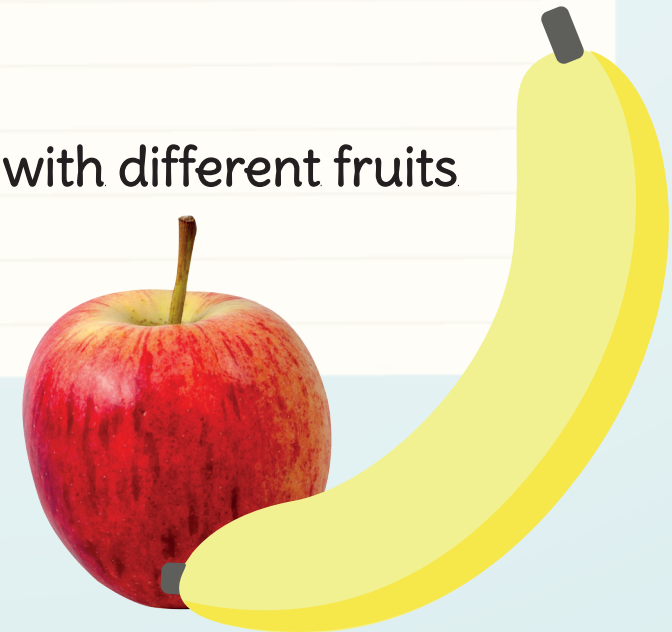
The Fruit Bowl Game:

1. Give every child in the class a fruit from the Lunch Bag Menu (orange, apple, banana, pineapple, melon, and strawberry)

2. When you call a fruit, the people who have that fruit change seats.

3. When you call "Fruit Bowl" the whole class change seats.

4. Repeat this 3 times with different fruits each time.



THE LUNCH BAG

'Empowered, Educated Eating'