



Lunchbox Audit

1. List the contents of your lunchbox and then find two other friends to add to your audit.

My Lunchbox

Lunchbox 2

Lunchbox 3

2. List any items that are dairy foods, and the items that have dairy (milk, cheese, yogurt) as a major ingredient.

3. Write one or two sentences describing how the contents of the lunchboxes help promote the development of strong, healthy, unbeatable bones. If you think the contents of your lunchbox do not help promote the development of unbeatable bones, suggest some changes for improvement.



Just for Fun: Why are skeletons usually so calm?

Nothing gets under their skin!

