



Yummy Lunch Choices for a Happy Day



Today, I get to pick what goes in my lunch box. I feel excited!



Mommy says healthy food helps me grow strong like a superhero.



I open the fridge and see bright,
colorful fruits. Yum!



I pick a shiny red apple. It feels cool and smooth in my hand.



I add some crunchy carrots. They make a fun sound when I bite them.



I see some cheese sticks. I like how they stretch when I pull them apart.



I choose a small yogurt cup. It tastes like sweet berries.



Mommy helps me add a sandwich with turkey and lettuce. It smells fresh.



I feel proud of my choices. My lunch box looks colorful and yummy.



At school, I open my lunch box and smile. My tummy feels happy.



My friend sees my lunch and says,
"Wow, that looks good!"



I feel proud and say, "I picked it myself. It's my superhero lunch!"



Eating my healthy lunch makes me
feel strong and ready to play.



I think about how choosing good food helps me learn and have fun.



I decide to pick healthy lunches every day because it makes me feel good.



I feel happy knowing I can make choices that help me grow strong.

Vocabulary

⇒ ■ Vocabulary:

1. Lunch Box

- A container for carrying your food to school

2. Excited

- Feeling very happy and eager about something

3. Healthy

- Good for your body and helps you grow strong

4. Fruits

- Sweet foods that grow on trees or plants, like apples and berries

5. Crunchy

- Makes a crisp sound when you bite it, like carrots

6. Choices

- Picking what you want from different options

7. Proud

- Feeling happy about something you did well

8. Superhero

- A person who is very strong and helps others, like in stories

Spellings

A: Excited

B: Exsited

A: Healthy

B: Helthy

A: Strong

B: Strongg

A: Fruits

B: Fruuts

A: Choices

B: Choises

A: Proud

B: Proudd

A: Superhero

B: Superhiro

A: Tummy

B: Tummmy

Comprehension Questions

■ Topic: Yummy Lunch Choices for a Happy Day

Comprehension Questions (Choose the Best Answer)

1. What does Mommy say healthy food helps you do?

A: Grow strong like a superhero

B: Make you feel sleepy

2. What fruit did you pick from the fridge?

A: A banana

B: A shiny red apple

3. What sound do the carrots make when you bite them?

A: A loud bang

B: A fun crunch

4. What happens when you pull apart the cheese sticks?

A: They disappear

B: They stretch

5. How does the yogurt taste?

A: Like sweet berries

B: Like sour lemons

6. What is in the sandwich Mommy helps you make?

A: Peanut butter and jelly

B: Turkey and lettuce

7. How do you feel about your lunch choices?

A: Proud and happy

B: Upset and sad

8. What does your friend say about your lunch?

A: "That looks bad!"

B: "Wow, that looks good!"

9. What does eating a healthy lunch make you feel?

Comprehension Questions

A: Strong and ready to play

B: Tired and sleepy

10. Why do you decide to pick healthy lunches every day?

A: Because it makes you feel good

B: Because it makes you feel bored

Open-Ended Questions

1. How do you feel when you get to pick your own lunch?
2. What is your favorite healthy food to eat, and why do you like it?
3. How does eating healthy foods make you feel during the day?
4. What would you say to a friend who wants to try one of your healthy snacks?
5. Why do you think it's important to choose foods that help you grow strong?