

WHAT IS YOUR SCHOOL LUNCH PERSONALITY?

What's on your tray every day says a lot about you! Discover what your favorite foods and activities reveal about your personality. Answer the questions and tally your score to find out.



SCHOOL LUNCH

WHAT'S ON YOUR TRAY?

1 How do you use your lunch tray?

- a) Lunch tray? People use those things?
- b) Depends. Is it snowing outside? Because if it is, I'm halfway down the hill already!
- c) Did you say lunch tray? Because mine is always full.
- d) I just love when it accidentally matches my outfit.
- e) Am I missing something? I put food on it. That's what it's for.

2 You're starving for some after school fuel. What's the first thing you grab?

- a) Carrots! Dip them in a little ranch dressing and I'm good to go.
- b) An apple. I'm really trying to watch what I put in my body.
- c) Two words: Chocolate. Milk.
- d) Anything sweet!
- e) I load up on protein and carbs before practice.

3 The best lunch of the year is being served up in the caf! What's your favorite school lunch?

- a) Tacos – veggie, beef or chicken it all works!
- b) Spaghetti, it's tasty and I need the energy boost.
- c) I love to create my own custom sandwich.
- d) Veggie Pizza, it's a great all-rounder!
- e) Vitamin and nutrient packed Chef Salad.

4 How do you like to unwind after a long, hard day hitting the books?

- a) Anything that involves a little friendly (or not so friendly) competition.
- b) Any day that ends with the letter "y", you can pretty much find me at the mall.
- c) I'm either writing my novel, completing my art project or learning lines for the school play.
- d) I just like to be outside. There's nothing like a little fresh air.
- e) I read or listen to music. Sometimes even at the same time. Want to see?

5 There's an apple, pear, banana, orange and strawberry in a basket. You can only take one. Which one do you grab?

- a) Who said you can only take one? I'm grabbing 'em all. Just try and stop me.
- b) Does a bite of each count as one? I need all the positive energy I can get.
- c) Definitely the strawberry. I just love strawberries.
- d) The one that's on the top of the pile. Life's too short to be choosy.
- e) I'm snagging the banana. It packs just the right amount of vitamins and minerals.

6 How do you enjoy your milk?

- a) I like to refuel with a chug of chocolate milk after practice.
- b) I keep it simple: white milk every day at lunch.
- c) My cereal would be dry and lonely if it wasn't soaked in milk.
- d) I can't live without strawberry milk!
- e) I use it for dipping. Do you have any idea how many different foods go with milk?



SCORES

1.	a) 4	b) 1	c) 2	d) 5	e) 3	_____
2.	a) 3	b) 1	c) 4	d) 5	e) 2	_____
3.	a) 1	b) 2	c) 4	d) 3	e) 5	_____
4.	a) 2	b) 5	c) 4	d) 1	e) 3	_____
5.	a) 2	b) 4	c) 5	d) 1	e) 3	_____
6.	a) 2	b) 1	c) 4	d) 5	e) 3	_____

Total _____

WHAT IS YOUR SCHOOL LUNCH PERSONALITY?



CHILLED less than 11 points

Your ability to see the positive in the worst of situations makes you the calm, cool and collected dude that you are. When waves are high, you ride them. When roads give you rocks, you weave around them. You definitely should fill your plate with a healthy balance of whole grains, lean protein, fruit and veggies to keep you hangin' in there. A nice gulp of lowfat milk will treat you just right.



STRONG 12-16 points

Your strong personality and even stronger muscles allow you to be the go-getter that you are. "Eat healthy, eat balanced" are the words you live by. You should have balanced meals throughout the day with plenty of lean protein and lowfat milk for strength. After all, muscles aren't going to feed themselves.



BALANCED 17-20 points

You involve yourself in anything and everything. A busy balanced schedule can only be fueled by a balanced meal. A balanced meal is made up of just the right amount of foods. You should fill up half your plate with fruits and vegetables and the other half with lean protein and whole grains for energy throughout your hectic days. Lowfat chocolate milk will help you recover after all that activity.

CREATIVE

21-25 points

Some would call you an "outsider" but really, you just like to take in life from a different angle. The secret to your edge? The positive energy you harness from your lunch, of course. Your lunches should include whole grains like whole grain pasta and bread or brown rice. You need your complex carbs and vitamin B to maintain your creative energy. Wash it all down with tasty lowfat chocolate milk.



RADIANT

26+ points

Being the center of attention is the story of your life. One bat of your eyelashes or flash of that calcium-sourced pearly grin and the people come running. Nothing keeps you glowing like a healthy lunch packed with vitamins C and A, and other essential nutrients. To help maintain that glow, you should fill up on salads with all types of vegetables and lowfat salad dressings. The vitamin A will help with your vision and keep your skin looking its best. Lowfat strawberry milk could accompany your lunch perfectly.