

# WHAT IS YOUR SCHOOL LUNCH PERSONALITY?



## CHILLED less than 10 points

You are calm, cool and collected. You love to be outside on your bike or skate board. You should fill your plate with a healthy balance of whole grains, protein, fruits and veggies to keep you hanging in there. A nice gulp of lowfat milk will treat you just right.



## STRONG 11-16 points

You love playing all sports, whether it's soccer, basketball or gymnastics! You like to eat balanced and healthy meals to give you lots of energy for sports. You should have balanced meals throughout the day with plenty of protein and lowfat milk for strength. After all, muscles aren't going to feed themselves!



## BALANCED 17-20 points

You are involved in everything and do lots of activities. To keep in top condition you need a balanced lunch. 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 protein and whole grains for energy throughout your busy days. Lowfat chocolate milk will help you recover after all that activity.

## CREATIVE

### 21-26 points

You love stories, drawing and school plays. You get your creative energy from your lunch. 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 a tasty lowfat chocolate milk.



## RADIANT

### 27+ points

You love chatting with your friends, birthday parties and being the center of attention. Nothing keeps you more radiant than 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.