**Build Your Own Lunch**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_**

Draw and color and label a lunch tray with at least one drink, one meat, and two vegetables. Also, make a chart for each item using the format below.

|  |  |  |
| --- | --- | --- |
| **Lunch Item – Apple Juice** | **Major Element of The Mineral** | **What It Does** |
|  | Potassium | * Helps build proteins
* Helps break down and use carbohydrates
* Helps build muscle
* Helps maintain normal body growth
 |
|  | Iron |  |
|  | Calcium |  |