**What’s in your lunch?**

|  |  |  |
| --- | --- | --- |
| **Lunch Item**  | **Major Element of The Mineral** | **What It Does** |
| 1. Main Course:
2. Fruit/Veg:
3. Carb/Bread:
4. Drink: apple juice
 | Potassium, Iron, Calcium | Builds proteins, breaks down carbs, builds muscles, maintains growth  |