

Name: _____

Date: _____

READING COMPREHENSION

Read the following passage and answer the questions:



LUNCH



Lunchtime is a special part of the school day. It's a time when students take a break from their classes to refuel and recharge. A healthy lunch is important because it provides the nutrients and energy needed for the rest of the day.

A balanced lunch includes foods from different food groups, such as vegetables, fruits, proteins, and grains.

Some common lunch options are sandwiches, salads, soups, and wraps. It's also important to drink water or milk to stay hydrated. Eating a nutritious lunch helps students stay focused and perform better in their afternoon classes.

Questions

1) *Why is lunchtime important during the school day?*

2) *Name three food groups that should be included in a balanced lunch.*

3) *Give examples of common lunch options mentioned in the passage.*
