



What did you eat for lunch?

May 11th, 2021



What's
in your
lunch
box?

01 What did you eat for lunch?

02 Other countries lunch

03 Are they healthy meals?

What did you eat for lunch?



Taiwan lunch

- ✓ rice
- ✓ vegetables
- ✓ pork
- ✓ chicken
- ✓ soup
- ✓ Side dish



I t a l y l u n c h

- ✓ bread
- ✓ fish
- ✓ pasta
- ✓ Vegetables
(tomatoes)
- ✓ Fruit (grapes)



S p a i n l u n c h

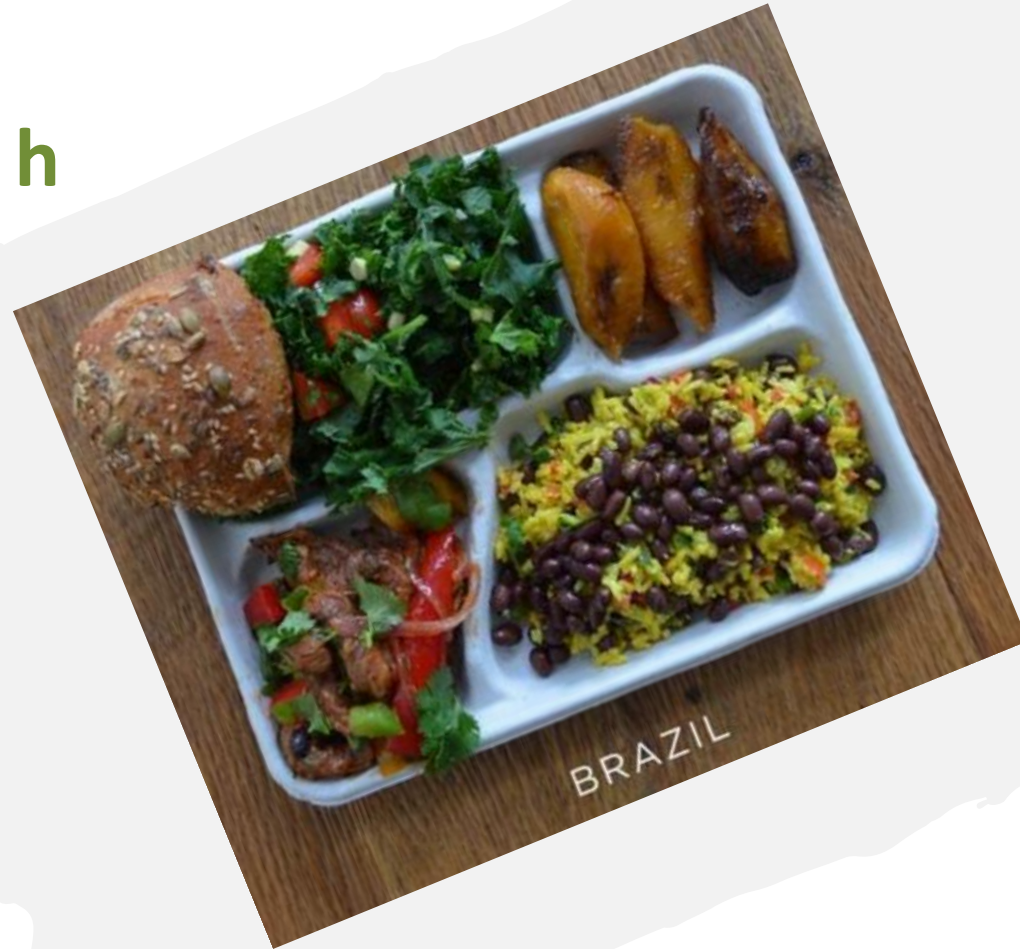
- ✓ rice
- ✓ bread
- ✓ shrimp
- ✓ Vegetables
(peppers)
- ✓ Fruit (orange)



Brazil 巴西

l u n c h

- ✓ rice
- ✓ bread
- ✓ beef
- ✓ Vegetables
(salad)
- ✓ Fruit (banana)



Finland 芬蘭

l u n c h

- ✓ bread
- ✓ soup
- ✓ carrots
- ✓ Vegetables (beet salad)
- ✓ Fruit (berries)



France 法國

l u n c h

- ✓ beef
- ✓ cheese
- ✓ Vegetables (carrots)
- ✓ Vegetables (beans)
- ✓ Fruit (kiwi)
- ✓ Fruit (apple)



Greece希臘

l u n c h

- ✓ rice
- ✓ chicken
- ✓ Vegetables (cucumbers)
- ✓ Vegetables
- ✓ Fruit (oranges)
- ✓ Fruit (pomegranate)



South Korea 南韓

l u n c h

- ✓ rice
- ✓ soup
- ✓ tofu
- ✓ Vegetables (broccoli)
- ✓ Kimchi



The UK 英國 l u n c h

- ✓ rice
- ✓ fish
- ✓ berries
- ✓ Vegetables
(broccoli)
- ✓ yogurt



Ukraine 烏克蘭

l u n c h

- ✓ mashed potato
- ✓ sausage
- ✓ soup
- ✓ Vegetables
(broccoli)
- ✓ pancake



The USA Lunch

- ✓ mashed potato
- ✓ peas
- ✓ cookie
- ✓ jelly

- ✓ chicken nuggets





What country do you like the most?



How much expenses on food?

Mexico 189美元 (合台幣6327元)



Eduardo 32美元 (合台幣1056元)



USA 242美元 (合台幣7986元)



Guatemala 76美元 (合台幣2508元)



Italy 295美元 (合台幣9735元)



Cuba 64美元 (合台幣2112元)



China 65美元 (合台幣2145元)



Kuwait 252美元 (合台幣8316元)



Bosnia 90美元 (合台幣2970元)



Egypt 78美元 (合台幣2574元)



Egypt 78美元 (合台幣2574元)



Germany 568美元 (合台幣18744元)



馬利 30美元 (合台幣990元)



India 45美元 (合台幣1485元)



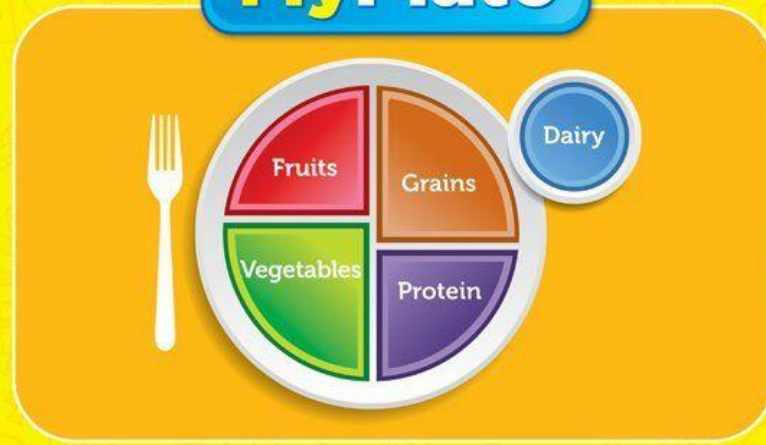


Are they
Healthy meals?





MyPlate



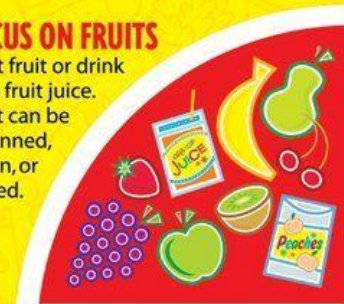
GET YOUR CALCIUM-RICH FOODS

Eat or drink low-fat or fat-free milk products.



FOCUS ON FRUITS

Eat fruit or drink 100% fruit juice. Fruit can be fresh, canned, frozen, or dried.



MAKE AT LEAST HALF YOUR GRAINS WHOLE

Eat wheat, rice, oats, cornmeal, barley, quinoa, and other cereal grain products.

VARY YOUR VEGGIES

Eat vegetables or drink 100% vegetable juice. Vegetables may be raw or cooked, frozen, canned, or dried.





GO LEAN WITH PROTEIN


Eat meat, poultry, seafood, beans, peas, eggs, soy products, nuts, and seeds.

A Balanced plate

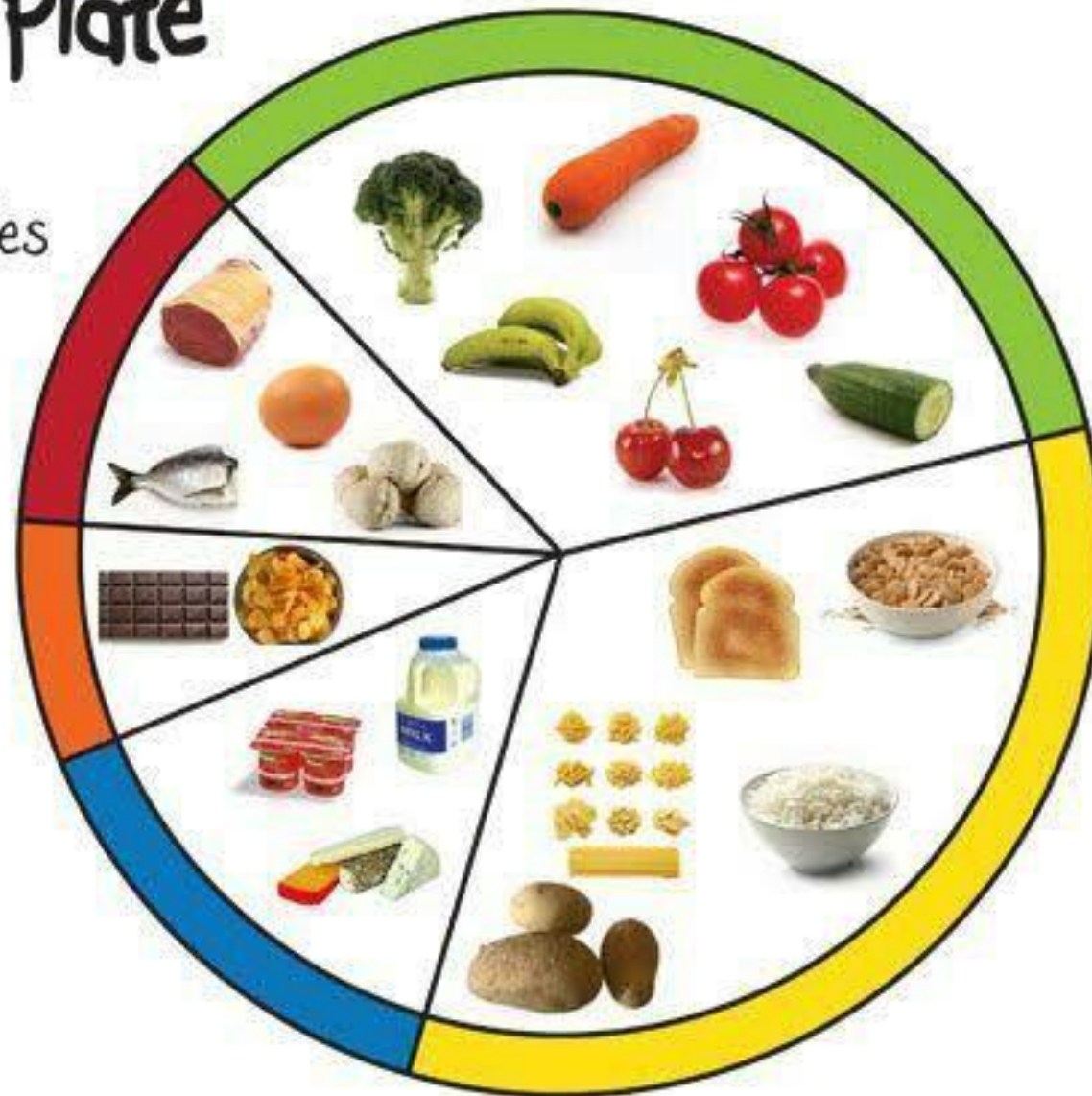
 Fruit and vegetables

 Grains, cereals
and potatoes

 Dairy products

 Meat, fish, nuts
and eggs

 Fats and sugars





Are yours
Healthy meals?



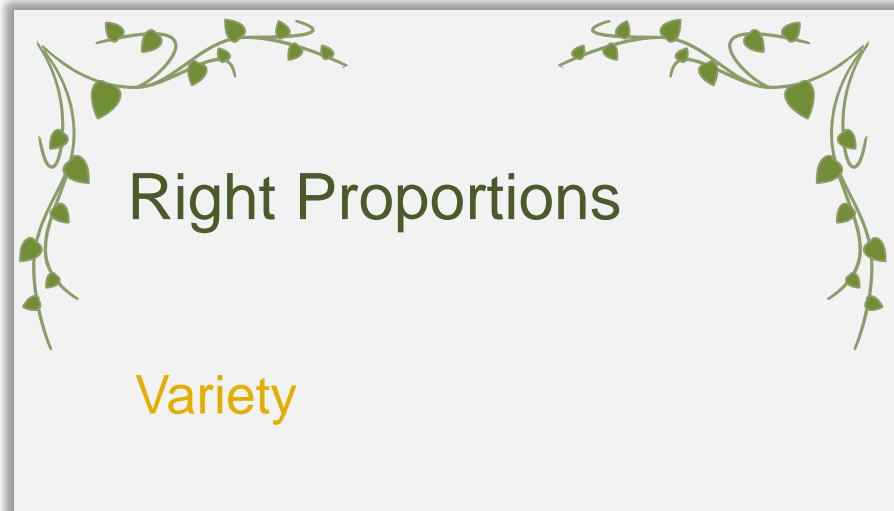
How do you like your lunch?





Introduce your design

Lunch Menu



Balanced Diet

Healthy Eating

My plate rule

- Grains
- Proteins
- Vegetables
- Fruits
- Dairy