

Name: _____

Persuasive Writing Worksheet - Advertisement

Read the advertisement carefully. Then answer the following questions.

5 Steps to Pack a Healthy Lunchbox

1. Fruit
1 serving, examples.



2. Vegetables
At least 1-2 serve, examples



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Add a dip to help kids eat vegetables.

3. Main Lunch

Include protein and healthy fat to keep your tummy full, plus whole grains (if eating grains) for long lasting energy. Examples include homemade hamburger with salad, quinoa, brown rice, eggs, chickpeas, etc. Include a dairy source such as cheese or side of yogurt, if eating dairy.



4. Healthy Snack
1 serve ONLY, examples:



5. Water bottle

Your body is made up mostly of water. You use this when you play, learn and go to the toilet. Be sure to drink water to replace what you use! It's the best drink for your body.



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Example of a Lunchbox



For more healthy Lunchbox ideas, including free recipes and great online course. Visit our website.

www.greatideasforlunch.org

Questions

1. Would you consider this add effective getting the audience attention?

Explain.

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2. What shows that this advertisement may be effective?

3. What is the purpose of this writing?

4. Who is the target audience?

5. Why should you drink plenty water during the day?

6. What is considered to be the best long standing energy meal?

7. According to the ad, give a good example of a main lunch?

8. What is the best drink for your body according to the ad?

9. Give three examples of healthy snacks?

10. Who designed the “Lunchbox” in the ad?

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11. List the five steps in order to pack a "Healthy Lunchbox"?

12. Some students have the free will to pack their lunchbox. Which student packed a healthy lunchbox? Explain your choice.



Janice



Alicia



Matthew



Mark
