



# Design a Sandwich!



**Learn about healthy eating and earn extra world Cup Points!**

Challenger Sports and Mr. Goodcents® Subs and Pastas have teamed up to help teach children about the need for balanced diets and good eating habits. Please continue to discuss these important issues with your children.

Please encourage your child to eat a balance of foods from various groups.

### Grains - Pasta, Bread, Cereal, Rice

Great sources of carbohydrates which give you energy

### Meats & Beans, plus Fish, Eggs, Nuts

Loaded with protein which helps you build muscle

### Vegetables - & Fruit

Packed with vitamins and minerals to keep you healthy

### Dairy - Milk, Yogurt, Cheese

Provides your body with calcium for strong bones

### Water

Your whole body needs plenty of water, especially after exercise

### Fried Food, Candy, Soda

Try to eat and drink these in moderation

**Mr. Goodcents® Subs are a great way to get a balanced meal – they taste great too!**

**Design a sandwich and win Extra World Cup points for your team!**

### 1. Design a Healthy Sandwich

Pick any combination of items from the different groups below and create a wonderful balanced, tasty and nutritious Mr. Goodcents® sandwich!

Simply choose your bread from White, Wheat or Goodcents® Gold, and then add any combination of Meats, Cheese, Vegetables and Condiments.

#### MEAT

Turkey  
Roast Beef  
Chicken  
Pepperoni  
Salami  
Ham  
Tuna Salad  
Italian Sausage  
Meatballs  
Bacon

#### CHEESE

Cheddar  
Swiss  
Provelone  
Mozarella  
Pepperjack  
American

#### VEGETABLES

Lettuce  
Tomato  
Onion  
Pickles  
Jalapeno  
Green Pepper  
Olives

#### CONDIMENTS

Mayonnaise  
Mustard  
Spicy Mustard  
Ranch  
Oil -Vinegar  
Oregano  
Salt -Pepper

### 2. Design a Wacky Sandwich

Go crazy and make up your own sandwich using what ever foods you think will taste good!

**Draw a picture of your sandwiches and list the ingredients on sheet 2. Hand your completed sheet into your coach and earn extra World Cup points for your team.**



