



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.



