



taste the world: your school Lunch passport!



National School Lunch Week | October 13-17, 2025



Activity
guide

MY school LUNCH passport

Celebrate National School Lunch Week by creating your own School Lunch Passport!
Draw your picture, add your name, birthday, favorite school lunch, and signature.

Draw yourself here!

Name: _____

Birthday: _____

Favorite School Lunch:

Date of Issue: *October 2025*

Signature:



sky high search

Search the puzzle to find all the words in the word bank below!

T	L	E	D	T	S	U	S	H	I	M	F	I	L	K
I	R	A	N	V	A	U	D	I	V	H	A	J	E	I
A	X	O	B	A	I	C	T	W	Z	N	S	P	F	M
Y	C	R	P	T	L	E	O	F	P	D	Q	T	A	C
H	S	T	C	S	T	P	M	S	A	K	G	R	L	H
O	R	A	P	E	S	M	R	D	S	J	Z	U	A	I
C	S	V	H	A	C	A	D	I	T	U	E	O	F	R
E	P	M	A	T	S	I	P	J	A	B	Q	T	E	C
T	A	X	E	L	Q	Y	R	W	O	X	J	L	U	F
F	G	F	D	I	U	E	L	L	X	U	E	R	R	Z
L	Y	U	M	T	W	N	G	C	F	V	R	D	B	W
I	E	X	P	L	O	R	E	L	A	Y	D	M	S	H
G	S	K	W	U	F	U	H	R	Q	J	J	O	R	T
H	V	R	V	L	Z	O	T	S	E	L	D	O	O	N
T	K	L	M	P	B	J	B	A	G	U	E	T	T	E

Passport
Journey
Globe
Explore

Map
Flight
Suitcase
Stamp

Airplane
Tour
Traveler
Sushi

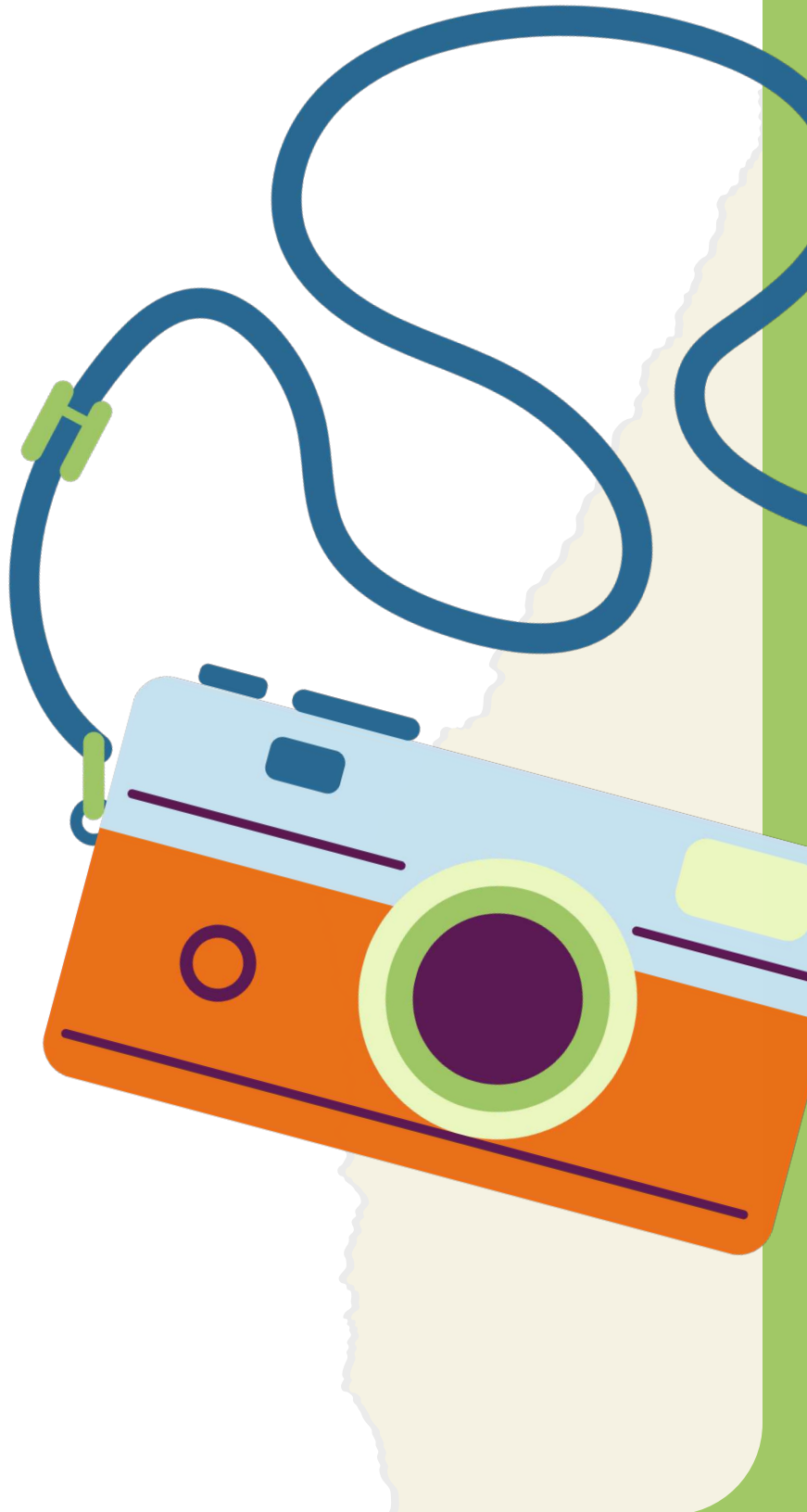
Tacos
Pasta
Curry
Noodles

Rice
Falafel
Baguette
Kimchi

jet set jumble

*Unscramble each of the jumbled letters to reveal the name of a country!
Bonus points if you can name a popular food from that country.*

1. NPAJ _____
2. XIEMCO _____
3. NAIDI _____
4. LYATI _____
5. ZABRIL _____
6. CREA FN _____
7. DANACA _____
8. ARMNYGE _____
9. UOTSH OKERA _____
10. ERGCEE _____
11. AIMS YALA _____
12. DFINNLA _____
13. ANATLIHD _____
14. AAGNTREIN _____
15. TPYEG _____



Match that flag!

Match each country to its correct flag. Use the word bank of countries provided and write the correct country name on the line under the matching flag.

Word Bank of Countries:

Japan

India

Germany

Italy

France

Australia

Brazil

Mexico

United Kingdom

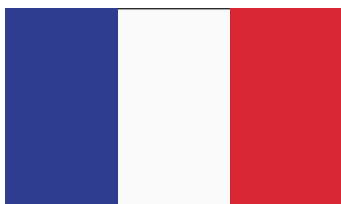
Jamaica

South Korea

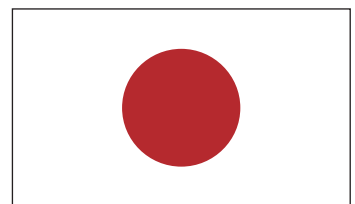




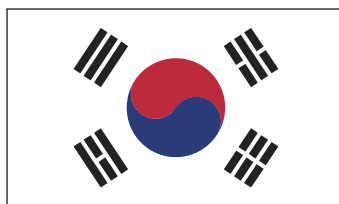














What's on the plate?

Match each traditional food item to the correct description by drawing a line from the food name to the correct description.

Food Items:

Tacos

Sushi

Biryani

Pierogi

Falafel

Empanadas

Pad Thai

Croissant

Kimchi

Poutine

Descriptions:

A. A flaky, buttery pastry from France often enjoyed for breakfast or with coffee.

B. A spicy and tangy fermented cabbage dish from Korea, often served as a side.

C. A Mexican dish made with soft or crispy tortillas, filled with seasoned meat, beans, cheese or veggies.

D. A Canadian comfort food made with French fries topped with cheese curds and smothered in gravy.

E. A traditional Indian rice dish cooked with spices, vegetables and sometimes chicken or lamb.

F. A popular Thai noodle dish stir-fried with eggs, tofu or chicken, peanuts and lime.

G. A dumpling-style food from Eastern Europe, filled with ingredients like mashed potatoes, cheese or fruit.

H. A Middle Eastern food made from ground chickpeas, herbs and spices, formed into balls and deep-fried.

I. A Japanese dish made of vinegared rice paired with raw or cooked fish, vegetables or egg.

J. A Latin American pastry filled with savory ingredients like beef, chicken or cheese and baked or fried.

Mad Libs: A LUNCH trip tale



First, fill in the blanks with words that fit each prompt (no peeking at the story!).

Next, read your new silly lunch story aloud to a friend for a good laugh.

Today, my school lunch tray magically transported me to _____. I was
A COUNTRY

served _____, and it tasted absolutely _____. After that, I
A TYPE OF FOOD AN ADJECTIVE
(DESCRIBING WORD)

zoomed over to _____, where I heard a loud _____ and almost
A COUNTRY A SILLY
SOUND

dropped my _____. To cool off, I sipped on some _____ and enjoyed
AN ITEM YOU
EAT WITH A DRINK

a _____ for dessert. I felt so _____, I had to _____
A DESSERT AN EMOTION A VERB
(ACTION WORD)

all the way to the next lunch stop. It was a(n) _____ journey past the
AN ADJECTIVE
(DESCRIBING WORD)

_____, where I saw someone eating _____ with a fork made of
A FAMOUS
LANDMARK A SILLY FOOD

spaghetti. I couldn't believe my eyes—it was _____ dressed like a giant sandwich!
A PERSON'S
NAME

I can't wait to see where my lunch tray takes me next.

this or that: travel the world edition

Circle your choice—where would you go or what would you do?



Fly on a plane	OR	Sail on a cruise ship
Explore a new country	OR	Relax on a tropical island
Backpack through Europe	OR	Go on a safari in Africa
Visit the Swiss Alps	OR	See a volcano in Hawaii
Tour ancient ruins	OR	Visit a famous art museum
Pack light and travel fast	OR	Bring all your favorite comforts
Visit a theme park in another country	OR	Attend a cultural music festival
Stay in a castle in Scotland	OR	Sleep in a sky-high hotel in Dubai
Travel by train	OR	Explore by bike
Taste chocolate in Belgium	OR	Try fresh baguettes in France
Take 100 travel photos	OR	Make a travel video
Visit Antarctica	OR	Explore the Sahara Desert
Try on a kimono in Japan	OR	Break a piñata in Mexico
Eat at a street market	OR	Dine at a fancy global restaurant
Visit every continent	OR	Spend a year in one international city

Luggage weight challenge

Your school cafeteria is shipping food for a big event, but before the plane can take off, each suitcase needs to be checked for weight. It's your mission to help the cafeteria crew get these tasty supplies safely on board!

How to Play:

1. Check the chart to see how much each food item weighs.
2. Look inside each suitcase on the next page and list out the food items it's carrying.
3. Add up the total weight of all the items in that suitcase.
4. If the suitcase is 50 pounds or less, it's ready for takeoff!
5. If it's over, it's too heavy to fly and needs to stay behind.



Tray of Tacos
12 lbs.



Bag of Apples
18 lbs.



Bag of Carrots
17 lbs.



Bag of Potatoes
10 lbs.



Bag of Bananas
5 lbs.



Tray of Dumplings
11 lbs.



Pan of Spaghetti
15 lbs.



Bag of Onions
14 lbs.



Large Pumpkin
16 lbs.

Suitcase #1



Item Weights: _____

Total Weight: _____

Under 50 lbs. and Ready to Fly? Yes or No

Suitcase #2



Item Weights: _____

Total Weight: _____

Under 50 lbs. and Ready to Fly? Yes or No

Suitcase #3



Item Weights: _____

Total Weight: _____

Under 50 lbs. and Ready to Fly? Yes or No

Suitcase #4



Item Weights: _____

Total Weight: _____

Under 50 lbs. and Ready to Fly? Yes or No

Answer key

Page 4: Jet Set Jumble

1. JAPAN
2. MEXICO
3. INDIA
4. ITALY
5. BRAZIL
6. FRANCE
7. CANADA
8. GERMANY
9. SOUTH KOREA
10. GREECE
11. MALAYSIA
12. FINLAND
13. THAILAND
14. ARGENTINA
15. EGYPT

Page 5: Match that Flag



ITALY



AUSTRALIA



BRAZIL



FRANCE



ENGLAND



JAPAN



JAMAICA



KOREA



INDIA

Page 6: What's on the Plate?

TACOS - C

SUSHI - I

BIRYANI - E

PIEROGI - G

FALAFEL - H

EMPANADAS - J

PAD THAI - F

CROISSANT - A

KIMCHI - B

POUTINE - D

Page 9: Luggage Weight Challenge

Suitcase #1:

Item Weights: $18 + 16 + 5 + 17$

Total Weights: 56

Under 50 lbs. and Ready to Fly? *NO!*

Suitcase #2:

Item Weights: $14 + 11 + 10$

Total Weights: 35

Under 50 lbs. and Ready to Fly? *YES!*

Suitcase #3:

Item Weights: $15 + 14 + 5$

Total Weights: 34

Under 50 lbs. and Ready to Fly? *YES*

Suitcase #4:

Item Weights: $16 + 12 + 18$

Total Weights: 46

Under 50 lbs. and Ready to Fly? *YES*