

Build a Healthy Lunch

A diagram of a lunch tray with five compartments for food and one for a drink. The tray is rectangular with rounded corners and a thick black border. It is divided into six sections by black lines. The top row contains three square compartments, each partially filled with a light blue liquid. The bottom row contains two larger rectangular compartments, also partially filled with the same light blue liquid. On the right side of the tray, there is a vertical rectangular compartment, currently empty, intended for a beverage.