

NAME: _____

DATE: _____

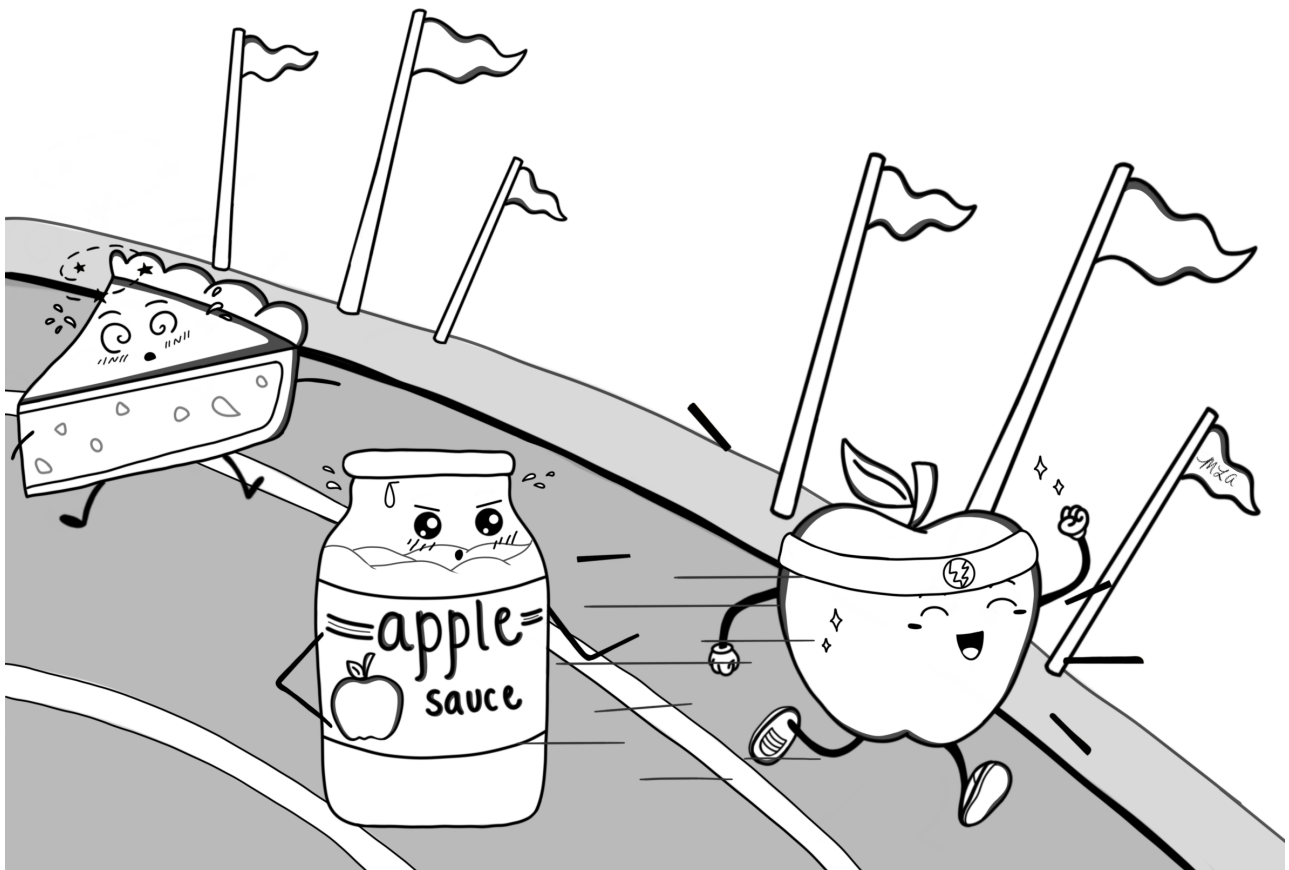


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HEALTHY TOPIC: GO SLOW WHOA

GO foods are very healthy, and you can eat them all the time. SLOW foods are somewhere in between GO and WHOA foods. WHOA foods are foods that aren't as healthy, and you should only eat them once in a while. WHOA foods are the highest in fat, sugar and/or salt.

After coloring, circle the GO food green | SLOW food yellow | WHOA food red



PRODUCE ACTIVITIES:

- What does GO, SLOW, and WHOA mean? How does a GO food become a WHOA food?
- Name healthy GO snacks that you can prepare with produce.
- Challenge yourself to eat at least 1 GO food at every meal. What GO foods would you include?