

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



# HEALTHY TOPIC: HEALTHY MEALS

At every meal, you should make sure you eat more GO foods and fewer SLOW and WHOA foods. Your plate should be half fruits and vegetables! There are always healthy alternatives for the foods that you love. Things that have a lot of sugar, salt, or fat are not good for your body.

Directions: After coloring, circle up to 5 Meals that include a fruit, vegetable, protein, whole grain, and a dairy item. Use a different color for each meal you create!

## FRUITS



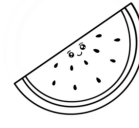
banana



avocado



strawberry



watermelon



apple

## VEGGIES



spinach



bell pepper



beet



carrot



cucumber

## PROTEIN



chicken breast



eggs



almonds



black beans

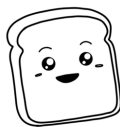


fish

## WHOLE GRAINS



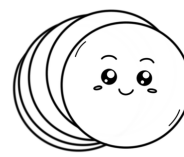
brown rice



100% whole wheat bread



oatmeal (not instant)



whole wheat tortillas



whole grain pasta

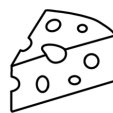
## DAIRY



1% milk



plain yogurt



low fat cheese



GO Smoothie



plain cottage cheese

## PRODUCE ACTIVITIES:

- Choose one fruit or veggie and discuss how it could be part of a main dish for dinner.
- Show what filling half a plate with fruits and vegetables looks like using the fresh produce.
- Design a healthy lunch or dinner using fresh fruits and veggies.