

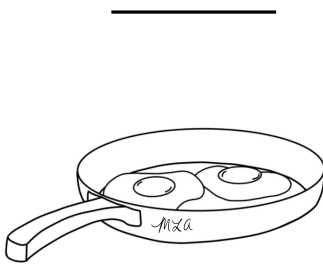
NAME: \_\_\_\_\_

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# HEALTHY TOPIC: HEALTHY SWAPS

Sometimes when your body is craving something like sweets or salty treats, it is really telling you that it needs more nutrients. It is important to switch WHOA foods to GO foods so that we can stay healthy. It is easy to find healthier ingredients – eat baked sweet potato fries instead of fried French fries!

Directions: Below are examples of healthy swaps. For each swap, label which items would be the GO Food or the WHOA Food. Remember that GO Foods can be eaten anytime, while WHOA foods should only be eaten once in a while.



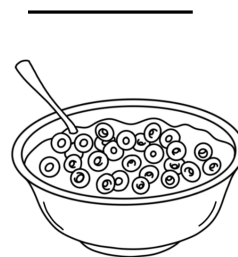
**fried egg  
in butter**



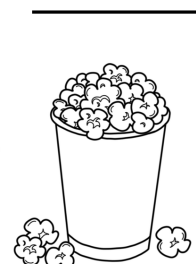
**nacho cheese**



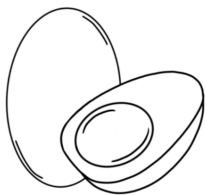
**apple**



**frosted  
cereal**



**air-popped  
popcorn, plain**



**hard boiled egg**



**low-fat string  
cheese**



**fried apple pie**



**oatmeal  
(not instant)**



**chips**

## PRODUCE ACTIVITIES:

- Discuss how different cooking techniques can transform a GO food to a SLOW or WHOA food. (Ex: raw or steamed fruits and vegetables vs fried).
- Describe how a certain item (ex: fried French fries) can be swapped out for a healthier version (baked sweet potato fries wedges) and why.
- Swap out a sugary dessert for a few slices of fresh fruit!