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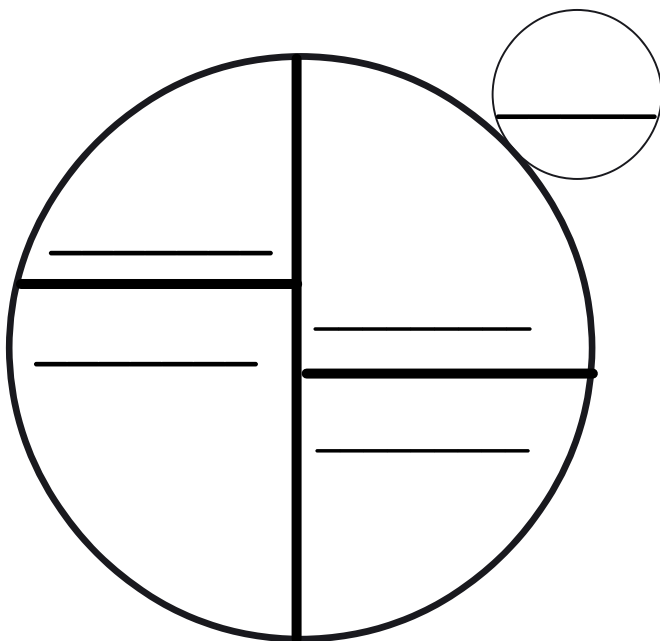


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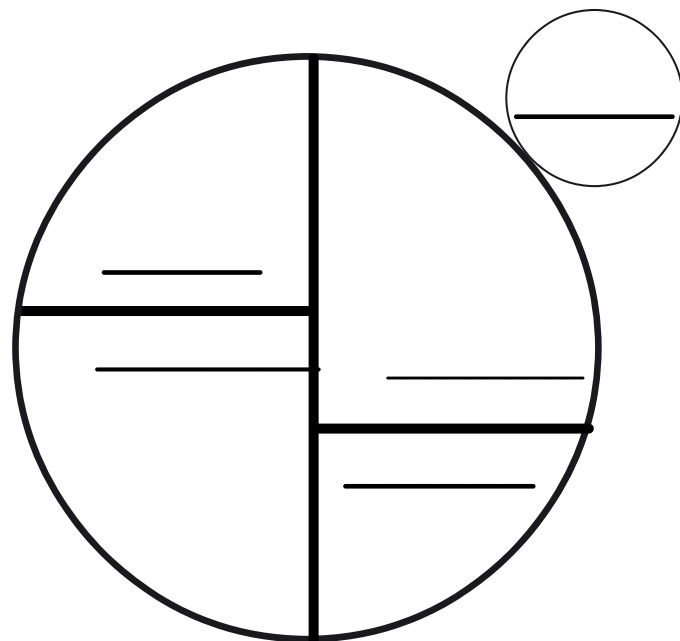
HEALTHY TOPIC: MEALS

Write your favorite GO foods from five food groups (fruit, vegetable, whole grain, dairy and protein) to prepare two healthy meals.

Let's plan a healthy meal!



MEAL #1



MEAL #2

HEALTHY TIP:

HAVING A BALANCED AND NUTRIENT RICH DIET IS VERY IMPORTANT FOR PROPER FUNCTIONING OF OUR BODY. MEALS PREPARED FROM GO FOODS WILL PROVIDE ADEQUATE ENERGY TO KEEP US HEALTHY AND ENERGIZED! TO MAKE OUR MEALS APPEALING, NUTRIENT DENSE AND TASTY IT IS IMPORTANT TO ADD PLENTY OF FRUITS AND VEGETABLES.

PRODUCE ACTIVITY:

- What are the benefits of eating healthy meals?
- Why is choosing GO foods over WHOA and SLOW foods important?