

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

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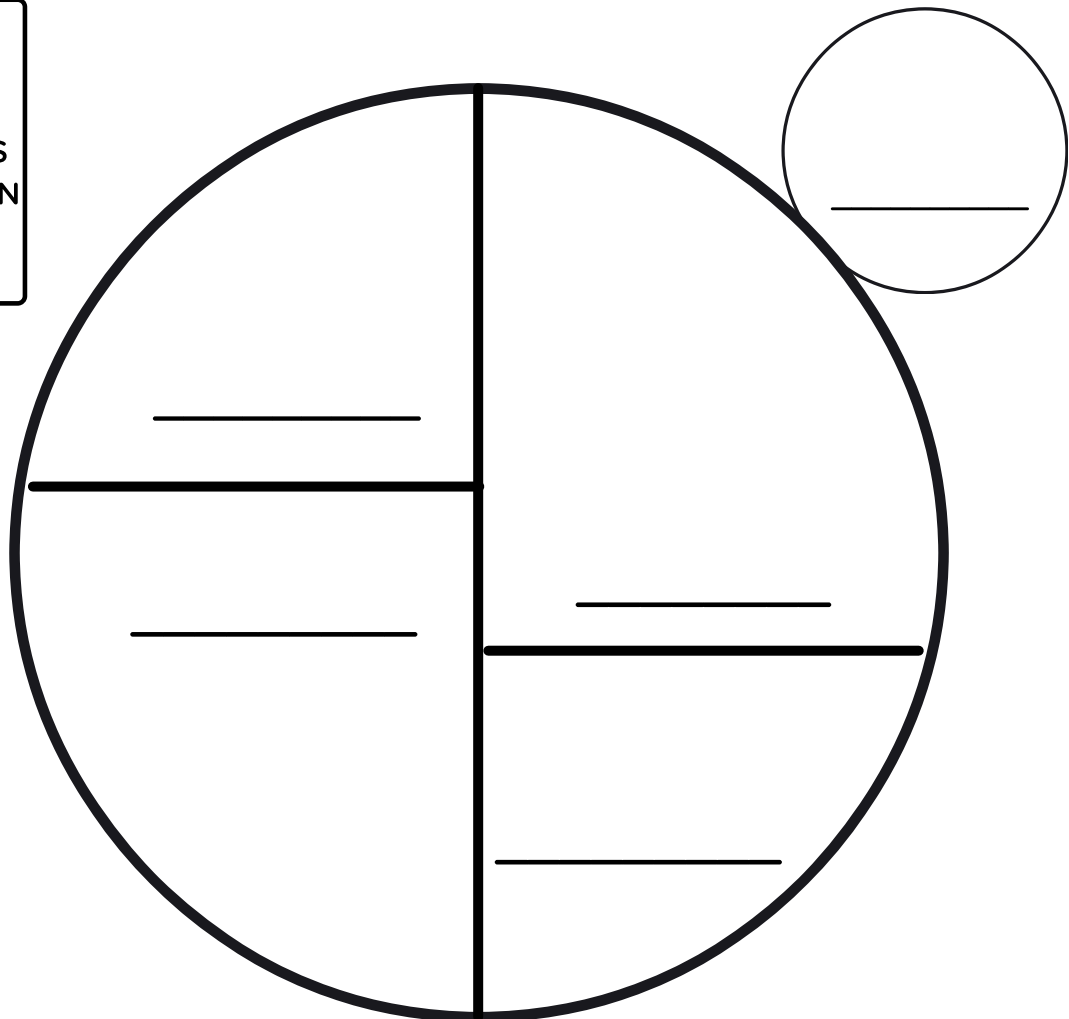
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# HEALTHY TOPIC: MEALS

Draw your favorite GO food from five food groups to prepare a healthy meal. Let's plan a healthy meal!

## FOOD GROUPS:

1. FRUITS
2. VEGETABLES
3. WHOLE GRAIN
4. PROTEIN
5. DAIRY



### 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 HEALTHY AND TASTY IT IS IMPORTANT TO ADD PLENTY OF FRUITS AND VEGETABLES.

### PRODUCE ACTIVITY:

- Why is choosing GO foods over WHOA and SLOW foods important?