

NAME: _____

DATE: _____



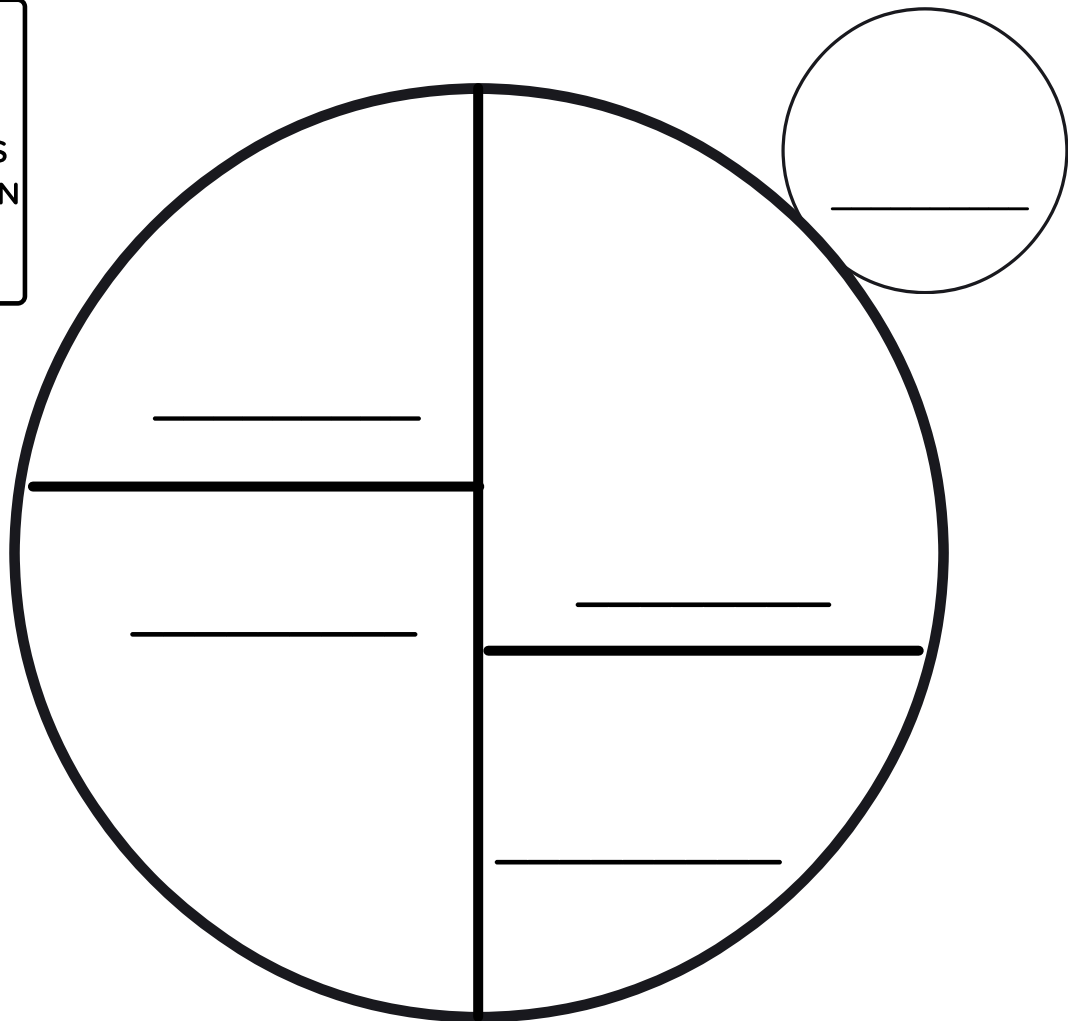
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HEALTHY TOPIC: MEALS

Draw your favorite GO food from five food groups (fruit, vegetable, whole grain, dairy and protein) to prepare a healthy meal.

FOOD GROUPS:

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



HEALTHY TIP:

MEALS PREPARED WITH GO FOODS WILL KEEP US HEALTHY AND ENERGIZED. IT IS IMPORTANT TO ADD PLENTY OF FRUITS AND VEGETABLES.

PRODUCE ACTIVITY:

- Color all GO foods in the healthy meal plate!