

NAME: _____

DATE: _____



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HEALTHY TOPIC: HEALTHY SWAPS

From the GO foods listed below, SWAP each WHOA food to make a healthy meal plan.
Let's make healthy SWAPS!

GO food options:

- Whole grain oatmeal with banana
- Whole grain pasta with broccoli
 - Popcorn
- Fruit smoothie
- Fat yogurt
- Fresh fruit
- Grilled chicken
- Side salad

WHOA
Meal

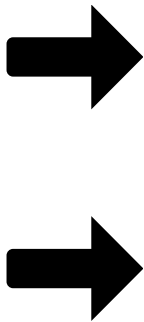
GO
Meal

Breakfast- Flavored oatmeal and orange juice

Lunch- Fried chicken sandwich with French fries

Snack- Crisp, Ice cream, chocolate milk and cookies

Dinner- White sauce paste



Breakfast-

Lunch-

Snack-

Dinner-

HEALTHY TIP:
EATING A HEALTHY DIET IMPROVES HEALTH, PROVIDES ENERGY, AND ADDS A BOOST TO OUR MOOD! IT IS IMPORTANT TO SWAP UNHEALTHY FOOD WITH HEALTHY ALTERNATIVES. SOME OF OUR FAVORITE FOODS CAN BE VERY HIGH IN CALORIES, FAT AND SODIUM LIKE FRENCH FRIES, PIES, CRISP ETC. SO, WE SHOULD SWAP THESE WHOA FOODS WITH GO FOODS LIKE FRUITS, WHOLE GRAINS, ETC. TO MAKE OUR MIND AND BODY STRONG.

PRODUCE ACTIVITY:

- Why is healthy swapping important?
- What are three healthy food swaps that you can try?