

NAME: _____

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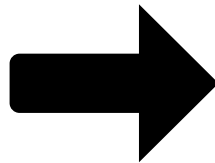
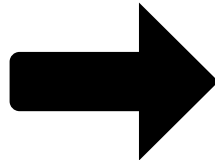


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HEALTHY TOPIC: HEALTHY SWAPS

Swap each WHOA food by listing the GO food below.

Let's do healthy SWAPS!



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, CHIPS 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:

- Describe how healthier versions of food (GO foods instead of WHOA) can benefit our bodies?
- What are three healthy food swaps that you can try?