



brighterbites®

Healthy Topic: Healthy Swaps

Choose a suggested activity below or create your own:

- **Identify** common snacks and then teach the students examples of how to swap those unhealthy snack choices for healthier options (Ex: swap out regular chips with baked chips, candy bars with fruit or trail mix, or soda with water).
- **Discuss** how different cooking techniques can transform a GO food to a WHOA food. (Ex: raw or grilled fruits and vegetables vs deep fried).
- **Describe** how a certain item (ex: potato fries) can be swapped out for a healthier version (baked sweet potato wedges) and why.
- **Challenge** students to choose naturally sweet fruit instead of dessert with added sugars.