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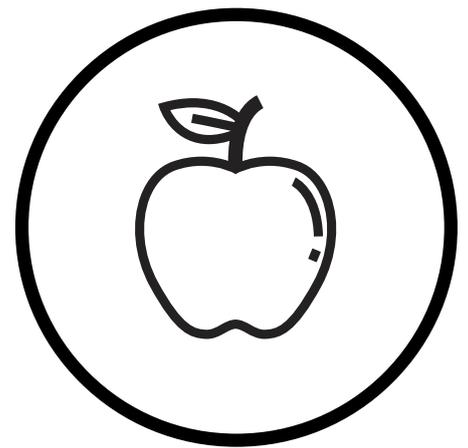
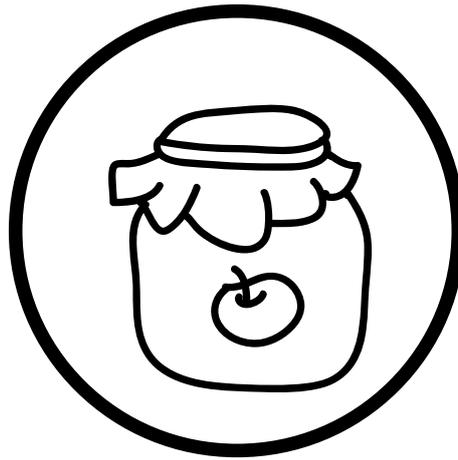
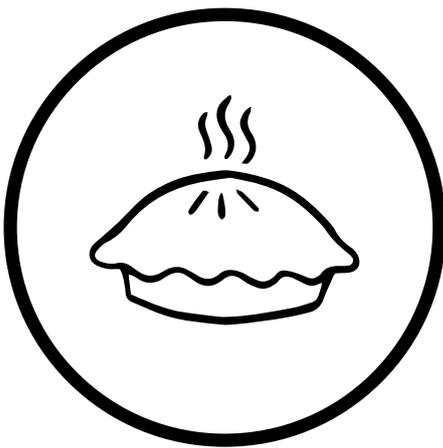
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HEALTHY TOPIC: GO, SLOW, WHOA

Match the three foods above to the traffic light of GO! SLOW! and WHOA!



GO

SLOW

WHOA

HEALTHY TIP:

GO FOODS ARE VERY HEALTHY AND YOU CAN EAT THEM ALL THE TIME (E.G. FRESH FRUITS AND VEGETABLES, MILK, MEATS AND EGGS). SLOW FOODS ARE SOMEWHERE IN BETWEEN GO AND WHOA FOODS WITH SOME PROCESSING (E.G. CANNED CORN, SALTED NUTS, CHEESES). WHOA FOODS ARE FOODS THAT AREN'T AS HEALTHY, AND YOU SHOULD ONLY EAT THEM ONCE IN A WHILE. WHOA FOODS ARE THE HIGHEST IN FAT, SUGAR AND/OR SALT (E.G. COOKIES, ICE CREAM, SODA, PIZZA, CHIPS).

PRODUCE ACTIVITY:

- Of the foods above, which food do you think is the tastiest? Which do you think is the healthiest?
- Look at the foods in your box this week, are they all GO foods?
- Challenge yourself to eat at least one GO food at every meal. What GO foods would you include?