

Name _____

Pin the Food on the Plate

Use a stoplight as a tool to help make healthy food and beverage choices. Cut out each food item & place the food item on the color of plate that best matches the food.

- **Green-light** foods are best! They have the most nutrition for energy and growth and can be eaten anytime. Green-light foods are great fuel for your body and brain, so eat them often!
- **Yellow-light** foods do not keep you fueled-up the way green-light foods do. Eat yellow-light foods sometimes, but not for every meal.
- **Red-light** foods have the lowest nutritional value. Eat the red-light foods least often.

Tips:

- Only use green and red plates and foods with younger children. Add in the yellow plate and foods for older children.
- Laminate the plates and food cards for easy cleaning and durability for long-term use.
- Use sticky tack, Velcro dots, or other items to stick food cards on the plates.

Answer Key:

Green-Light Foods

- Spinach
- Yogurt
- Apple
- Banana
- Milk
- Almonds
- Asparagus
- Cherries
- Cheese
- Water
- Grapes

Yellow-Light Foods

- Veggie Straws
- Pretzels
- Popcorn
- Trail Mix
- Crackers

Red-Light Foods

- Brownies
- Muffin
- Potato Chips
- Cookie
- Donut
- Cheese Puffs
- Sports Drinks

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