

Think Your Fuel



Game Time!

Move your body according to the stoplight color. Choose a leader to move the next slides back and forth.

Red

Sit still.

Yellow

March or move your arms and legs in slow motion.

Green

March in place or wave your arms high in the air.



Game Time!

Is broccoli a **green-light** food, a **yellow-light** food, or a **red-light** food?





Broccoli is a green-light food!

Game Time!

Are brownies a **green-light** food, a **yellow-light** food, or a **red-light** food?





Brownies are a red-light food!



Game Time!

Is cheese a **green-light** food, a **yellow-light** food, or a **red-light** food?





Cheese is a green-light food!

Game Time!

Are bagels a **green-light** food, a **yellow-light** food, or a **red-light** food?





Bagels are a yellow-light food!



Food Is Power!

Your brain and body need nutritious fuel to grow and think.
Green-light foods give your body and brain the most nutrition!



Food Is Power!

Your food choices fuel your body and brain.

Green-light foods have the most nutrition for energy and growth.

Yellow-light foods do not give your body and brain as many nutrients as green-light foods do.

Red-light foods are the least nutritious.



WHAT IS A NUTRITIOUS FOOD YOU CAN CHOOSE TODAY?

Food Challenge



Use what you know about food choices to solve the MyPlate puzzle!

Name _____

What's on MyPlate?

Color the foods in each MyPlate category. Then put an "X" through the foods that do not belong in each section.

Fruits

Grains

Dairy

Vegetables

Protein

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