

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

RedSit still.YellowMarch or move your arms and legs in slow motion.GreenMarch in place or wave your arms high in the air.



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









Broccoli is a green-light food!

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







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







Cheese is a green-light food!

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





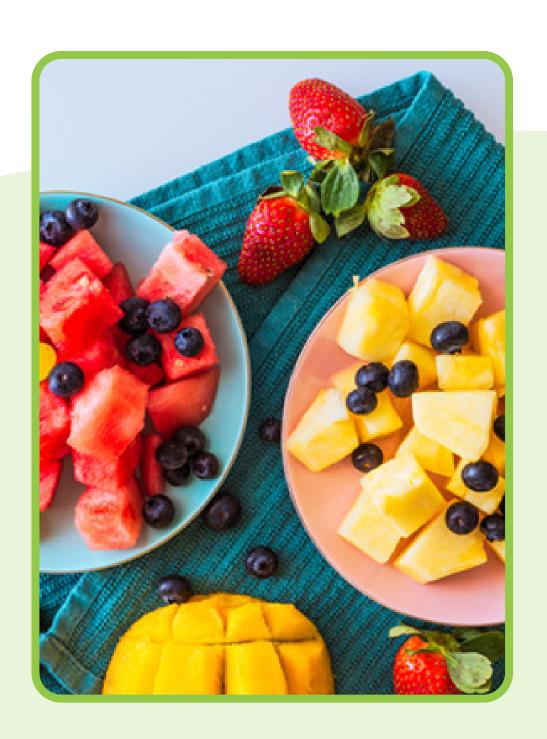




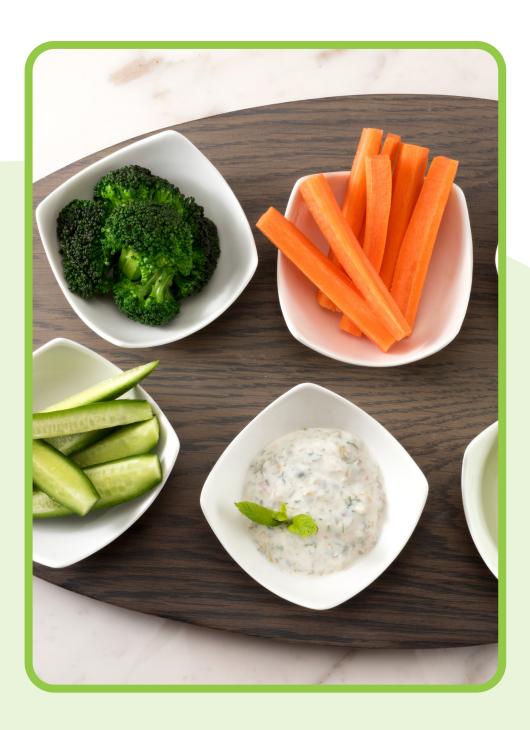
Bagels are a yellow-light food!

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



