

# 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

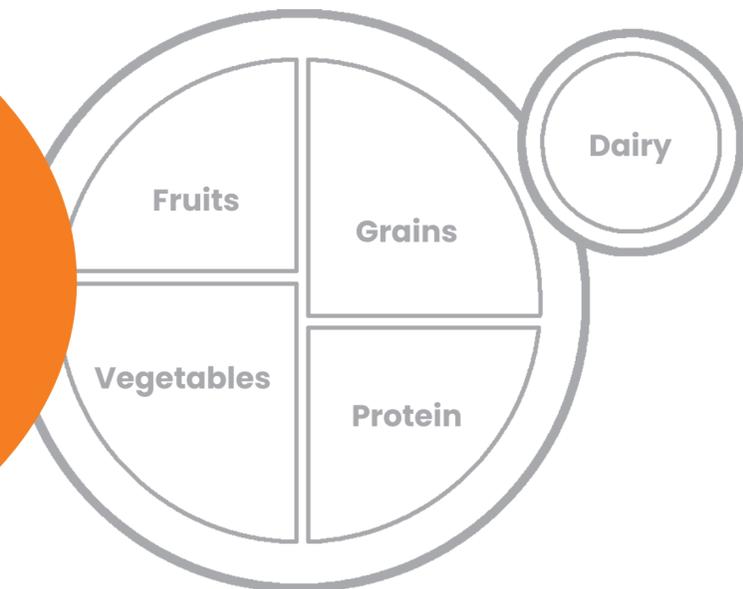


Use what you know about food choices to create a plate with the most nutritious options!

Name \_\_\_\_\_

## MyPlate Meal

Make your plate a rainbow with foods of different colors and from different food groups. Write or draw nutritious foods you enjoy in each section of the MyPlate below.



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