

“SOMETIMES” FOODS AND “Switcheroos”

THIRD COURSE • REPRODUCIBLE 1



Name: _____ Date: _____

Work with your partner to complete the following questions about “sometimes” foods and think of a healthy “Switcheroo” that you can eat instead.

1. Instead of fruit-flavored gummies, what is something from the Fruit Group you could eat or drink?
2. Instead of French fries (fried in solid fat), what is a healthier choice from the Vegetable Group?
3. Instead of cookies, what is a healthier choice from the Grain Group?
4. Instead of ice cream, what is a healthier choice from the Dairy Group?
5. Instead of a hot dog, what is a healthier choice from the Protein Foods Group?

| WHY IS THIS A “SOMETIMES” FOOD? (A food that we want to eat only some of the time. These foods have more added sugars or solid fats or both.) | WHAT IS A GOOD “SWITCHEROO?” (A healthier choice from a food group. It does not have a lot of solid fats or added sugars.) |
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“Switcheroo” RECIPE

THIRD COURSE • REPRODUCIBLE 2






Name: _____ Date: _____

Dear Parent, your child is learning about making healthy food choices from the five food groups (Fruit, Vegetable, Protein Foods, Grain, Dairy). In class, we have learned about “sometimes” foods (foods with a lot of added sugars and solid fats) and “Switcheroos” (healthier food choices that are lower in solid fats and added sugars). Please work with your child to fill in the recipe card below showing your family’s favorite healthy meal or snack. We will be making a class cookbook that includes everyone’s recipes.

Name of Recipe: _____

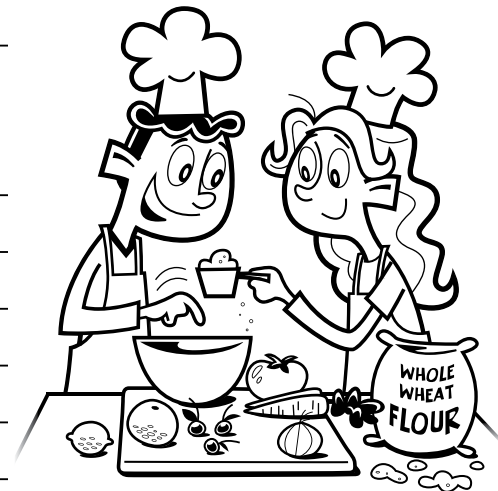
What do you like most about this recipe? _____

What food groups are part of this recipe? HINT: For example, if your recipe has broccoli in it, circle the Vegetable Group. If it has noodles in it, circle the Grain Group. Visit <http://www.chooseMyPlate.gov> to see what is in each food group.

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|---|---|--|--|--|
|  Fruit |  Vegetable |  Protein Foods |  Grain |  Dairy |
|---|---|--|--|--|

Makes _____ Servings Serving size: _____

Ingredients (What Is In It):



How You Make It:

1. _____
2. _____
3. _____
4. _____

