

Swap It!

Eating balanced meals is important for good health. Fresh fruits and vegetables, low-fat dairy, whole grains, and lean proteins all provide nutrients our bodies need. That's why we should swap sugary, salty, and fatty foods for more nutritious choices. And swap low-energy activities for activities that get you moving!

Part 1: Solve it, then swap it! Fill in the missing letters in the sentences below to find ideas for swapping some food and activity choices for ones that are better options for your health.

- Instead of watching YouTube, go for a ride on your ___ ___ e.
- Pass on eating cookies and grab a handful of sweet g ___ p ___ instead.
- Skip the soda and reach for a cool glass of ___ t ___ r. Your body will thank you.
- Level up your snack by swapping chips for c ___ ___ ts.
- Trade in that cheese pizza for a lean h ___ m sandwich with l ___ t ___ u ___ e and t ___ m ___ t ___.



Families!

What food swaps can you make that will boost nutrition, but still taste great? Start with nutrient-rich, protein-packed pork and then add sides that sizzle. Visit pork.org/cooking/pork-nutrition for ideas that will fuel the body and also delight your taste buds.

Part 2: Create a slogan or rap using the words “swap it” to promote making nutritious swaps in your food and activity choices.

Writing Extension: Think about your meal choices. Can you make swaps for better nutrition? Choose one meal you normally eat and describe it. Write about swaps you could make to improve the nutrition your body can get from the meal. Then share your swap-it plan with your family to encourage everyone to make healthy food choices!