

Food Swaps!

Part 1: Fill in the correct vowels to make a more nutritious swap for the foods and drinks below.

Swap S _ _ D _ _ for M _ _ L K.

Swap C H _ _ P S for C _ _ R R _ _ T S.

Swap C _ _ _ K _ _ _ S for an _ _ P P L _ _.

Swap P _ _ Z Z _ _ for a H _ _ M sandwich.

Swap F R _ _ _ S for a S _ _ L _ _ D.

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. These swaps are better for you!



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: Draw a picture of your favorite meal below. Does it contain any foods that you could swap? Draw your food swap next to your favorite meal.

MY FAVORITE FOOD

MY SWAP

Writing Extension: Can you build a better sandwich? Use nutritious swaps to take a ham sandwich to the next level. Imagine that you have a lunch that features a ham sandwich loaded with mayonnaise on white bread. The lunch also includes soda, chips, and a chocolate chip cookie. Build a more nutritious ham sandwich by writing about what you can swap for the white bread and mayonnaise. Then, swap the soda, chips, and cookie with more nutritious options. Finally, draw a picture of your swapped-up lunch!

