

**Activity: Junk-Food Alternatives Matching Game**

**Substitute each junk food item in the left column with a healthier option in the right column. Draw a line to match up each substitution.**

Salad dressing

Almonds

Pizza

Apple with peanut butter

Candy

Plain Greek yogurt

Sour Cream

Oil and vinegar/vinaigrette

Chocolate bar

Nuts + Fresh fruit

Granola bar

Frozen grapes

Trail mix with dried fruit

Cauliflower pizza

**Write in a healthier alternative for the following junk foods.**

Chips

\_\_\_\_\_

Soda

\_\_\_\_\_

Whole Milk

\_\_\_\_\_

Crispy chicken sandwich

\_\_\_\_\_

Mayo

\_\_\_\_\_

White bread

\_\_\_\_\_

White pasta

\_\_\_\_\_

Energy drink

\_\_\_\_\_