

Traffic Light Food Poster

Red Light Foods

Red light foods are Stop foods. These are foods we should stop and think about. They should be kept as a treat for special occasions. These are all red light foods:

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Yellow or Orange Light Foods

Orange light foods are Slow Down foods. We can eat these every day, but not too much. These are all orange light foods:

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Green Light Foods

Green light foods are Grow foods. We can eat these as often as we like! These are all green light foods:

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Traffic Light Poster Foods

