

Healthy Holiday Foods- Fun Worksheet by Chef Solus

Chef Solus loves foods that taste great and give lots of nutrition.

Today, Chef Solus is making special holiday cookies.

Can you help him decide what ingredients to use to make it healthier?

Pick five healthy foods Chef Solus can add to make delicious healthy cookies!

Can you find all five healthy ingredients?

Skim milk

Walnuts

Candy

Chocolate

Applesauce

Sugar

Butter

Regular yogurt

Low fat yogurt

Whole wheat flour

White flour

