



**Which food
is the more
nutritious
snack?**

Snack Choices

Which food is
more nutritious?



Stand on your
left foot if the food
on the **left** is the
better choice.



Stand on your
right foot if the food
on the **right** is the
better choice.

Snack Choices

Which is the more nutritious choice?



potato chips



bananas

Snack Choices

Which is the more nutritious choice?



yogurt



doughnut

Snack Choices

Which is the more nutritious choice?



pretzels



sugary cereal

Snack Choices

Which is the more nutritious choice?



ice cream



oranges

Snack Fuel

Solve the riddles and find nutritious snack choices.



Name _____

Solve the Snack!

A snack is a small portion of nutritious food that you eat between meals to fuel your body. By matching each letter box to a line below, solve the riddles and discover some nutritious snack options!

PI	ART	CA	APP	AR	UM	LK	PE
HO	LE	BER	RN	NE	RR	CO	APP
IC	OT	LE	CUC	KE	MI		

1. Helps a snowman smell and you see _____
2. Healthy to the core _____
3. Sounds like a set but makes one great snack _____
4. I have a heart but it doesn't beat _____
5. I have an ear but can't hear _____
6. In a real pickle _____
7. Utterly delicious _____
8. Spiky, but sweet _____

Answer Key: 1. CARROT 2. APPLE 3. PEAR 4. ARTICHOKE 5. CORN 6. CUCUMBER 7. MILK 8. PINEAPPLE ©2022 Sanford Health. All rights reserved. ft.sanfordhealth.org

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