

Name \_\_\_\_\_



# Snack Choices

Think about a stoplight when making food choices. Green-light foods give your body and brain the most fuel--eat more! Yellow-light foods give you a little fuel, eat some. Red-light foods have little nutritional value--eat less. Show a snack choice in each box below. Which choice is the best choice for your body and brain?

Eat More

Eat Some

Eat Less