



**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

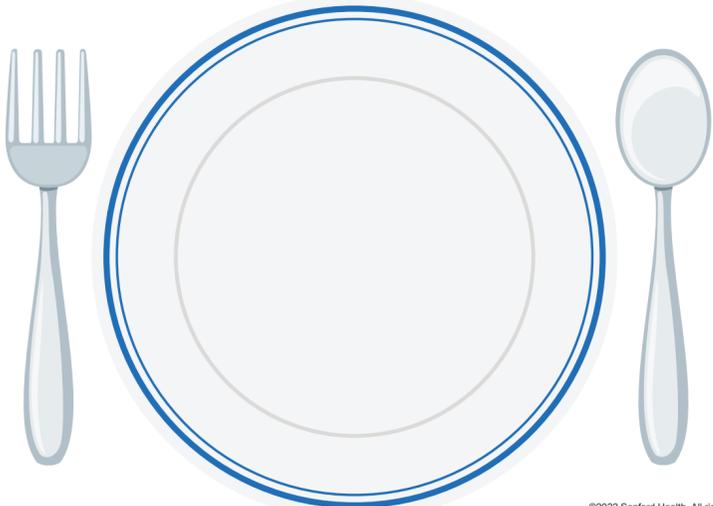
Build a snack by coloring and cutting out nutritious options.



Name _____

My Healthy Snack

A snack is a small portion of nutritious food that you eat between meals to fuel your body. Color and cut out the food items on the next pages and create different nutritious snack choices you will make.



Cucumber

Cottage Cheese

Yogurt

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