



Complete this worksheet and
turn in to your coach by _____
to get a ORANGE star!

Name: _____

Snacks Can Be Healthy Too!

Healthy Habit of the Week:

I will choose one healthy snack each day this week

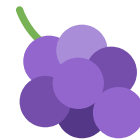
Key Points:

- A healthy snack gives us energy between meals and gives us vitamins and proteins to build a healthy body
- You should only eat 1 or 2 snacks each day so you do not get full before mealtime
- Try to include at least two different food groups in every snack: Fruits, Vegetables, Grains, Proteins, and Dairy

Healthy Snack Hunt

G	E	G	L	A	P	P	L	E	S	B	H
X	T	R	A	I	S	I	N	S	X	R	A
I	L	Q	G	C	U	I	H	R	D	O	M
F	J	J	R	L	C	O	P	X	A	C	P
X	J	C	A	A	A	C	F	M	D	C	E
Y	E	E	P	D	R	S	U	B	P	O	A
O	K	S	E	P	R	D	R	M	O	L	N
G	K	L	S	E	O	A	X	V	P	I	U
U	S	M	O	O	T	H	I	E	C	P	T
R	O	P	H	R	S	R	C	N	O	S	S
T	F	W	R	N	G	F	M	K	R	Y	H
I	O	R	A	N	G	E	I	I	N	X	N

APPLES
BROCCOLI
PEANUTS
GRAPES
YOGURT
POPCORN
SMOOTHIE
ORANGE
CARROTS
RAISINS



Key:

APPLES	1	2	3	4	5	6	7	8	9	10	11	12
BROCCOLI	1	2	3	4	5	6	7	8	9	10	11	12
RAISINS	1	2	3	4	5	6	7	8	9	10	11	12
SMOOTHIE	1	2	3	4	5	6	7	8	9	10	11	12
PEANUTS	1	2	3	4	5	6	7	8	9	10	11	12
YOGURT	1	2	3	4	5	6	7	8	9	10	11	12
POPCORN	1	2	3	4	5	6	7	8	9	10	11	12
GRAPES	1	2	3	4	5	6	7	8	9	10	11	12
ORANGE	1	2	3	4	5	6	7	8	9	10	11	12
CARROTS	1	2	3	4	5	6	7	8	9	10	11	12
APPLES	1	2	3	4	5	6	7	8	9	10	11	12

