

BUILD-A-SNACK

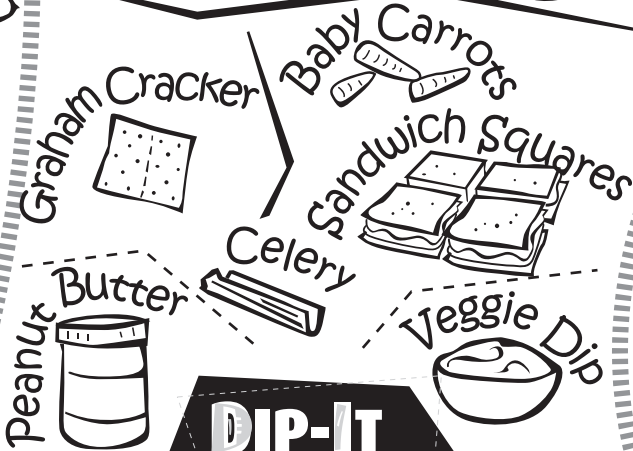
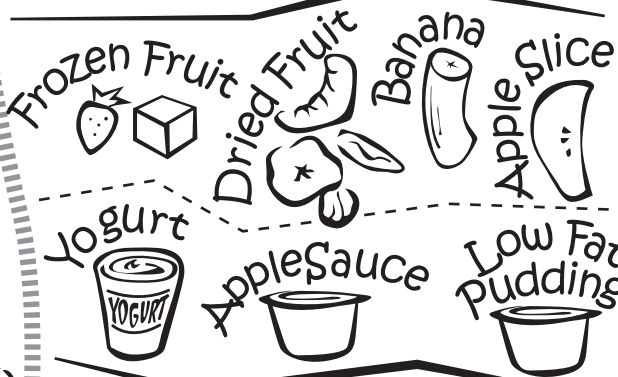
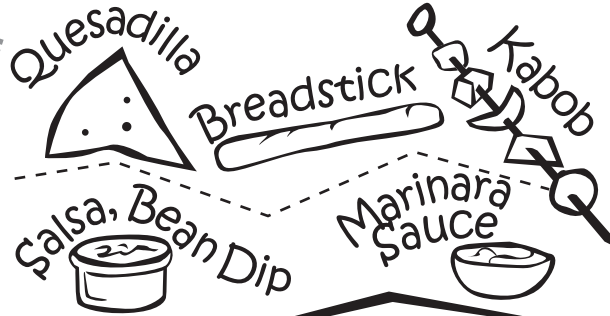
The Healthy Way!



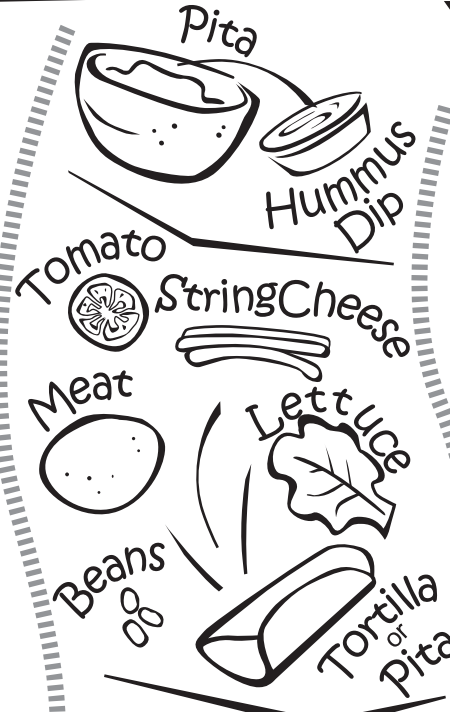
Granola



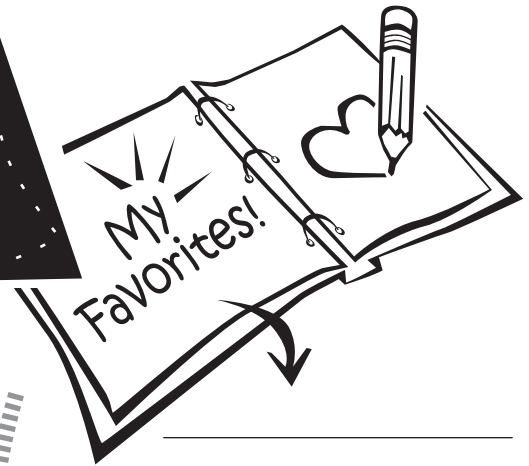
ZIP-IT



DIP-IT



ROLL-IT



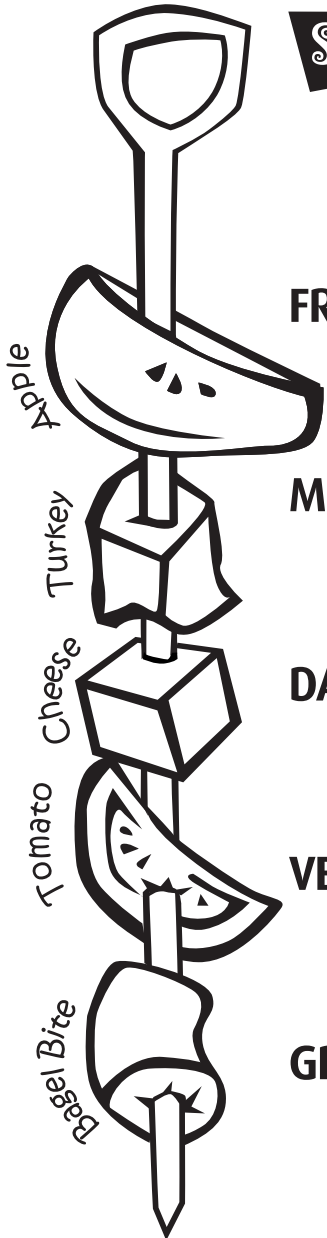
MIX-IT

Name _____

ARE YOU SNACK SMART ?

Step 1

Draw a line to connect the appropriate Food Group to its major nutrient



FRUIT

A) Vitamin A;
for healthy skin
and good vision

MEAT

B) Vitamin C;
helps heal cuts
and bruises and
fight infection

DAIRY

C) Carbohydrate;
Good source of
energy and to help
with digestion

VEGGIE

D) Protein;
To help you grow
and build strong
muscles

GRAIN

E) Calcium;
To build strong
bones and teeth and
to help clot blood

Step 2

Draw your favorite snack with at least 3 food groups



Step 3

Check the Food Group in your snack

- Veggie
- Fruit
- Grain
- Meat
- Dairy

Step 4

Can you name the nutrients in your snack?

Step 5

What will the **NUTRIENTS** packed in your snack do for your body?

A) VEGGIE, B) FRUIT, C) GRAIN, D) MEAT, E) DAIRY