ARE YOU SNACK SMART?

Step 1
Draw a line to connect the appropriate Food Group to its major nutrient

FRUIT
Apple

MEAT
Cheese
Turkey

DAIRY
Tomato

VEGGIE
Bagel Bite

GRAIN
A) Vitamin A;
   for healthy skin
   and good vision

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

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

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

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?