



Complete this worksheet and  
turn in to your coach by \_\_\_\_\_  
to get a star!

Level 1

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

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

APPLE  
GRAPES  
CARROTS  
PEPPERS  
NUTS  
CHEESE



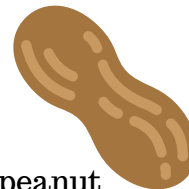
carrot



cheese



apple



peanut



yellow pepper



Key:

APPLE	P	O	A	B	L	F	C	P
GRAPES	P	E	P	Q	W	J	A	V
CARROTS	G	N	P	C	C	B	R	N
PEPPERS	R	U	L	P	H	P	R	X
NUTS	A	T	E	U	E	Q	O	V
CHEESE	P	S	O	Q	E	R	T	K