

NAME: \_\_\_\_\_

# ALL ABOUT...

## SNACKING



HEY KIDS!

Today you will be learning about healthy snacking. Between early mornings and after school activities, you need energy from food to fuel your day.

Thinking beyond the lunch box, healthy snacks can keep you full & energized throughout the day.

The five MyPlate food groups are the building blocks for creating balanced snacks. We will review each food group then you can apply what you learned at home in the kitchen with our tasty take-home activities!

*This week we have a mission,  
to learn something new about nutrition!*





## FOCUS ON FRUITS

Fruits come in many shapes and sizes as well as many colors. Can you name a fruit for each color of the rainbow?

### NATURALLY NUTRITIOUS

Fruits are naturally nutritious and packed with vitamins and minerals to keep our bodies healthy. Choose whole fruit vs. fruit juice more often for an added boost of nutrition. When it comes to snacking, all forms of fruit matter. Choose fresh, frozen, canned or dried fruit for your snacks!



## VARY YOUR VEGETABLES


A vegetable is the edible portion of a plant. From dense roots (carrots), stems (celery), flowers (broccoli) to leaves (lettuce). Vegetables come from all parts of the plant!

### MIX AND MATCH

Vegetables are packed with vitamins and minerals. Be sure to mix and match parts of the plants to get the most nutrition and eat a variety of colors. How many vegetables can you name?



## Delicious dairy

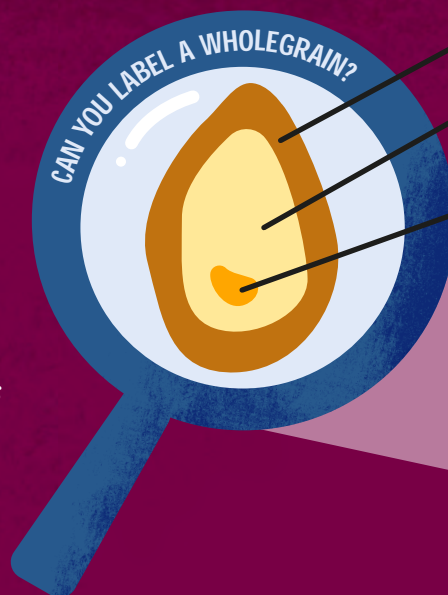


Dairy products help us build strong bones and healthy teeth with nutrients like calcium and vitamin D. Include foods like milk, yogurt and string cheese at your snacks to keep your body strong.





Grains are the main source of fuel and energy for our bodies. Make half the grains you eat whole grains. Whole grains have more nutrients and help you feel full for longer. Foods like brown rice, popcorn, whole wheat bread and oatmeal are types of whole grains. A whole grain contains the entire grain seed, which has 3 layers (bran, endosperm and germ).



**Bran:** the other shell that protects the seed.

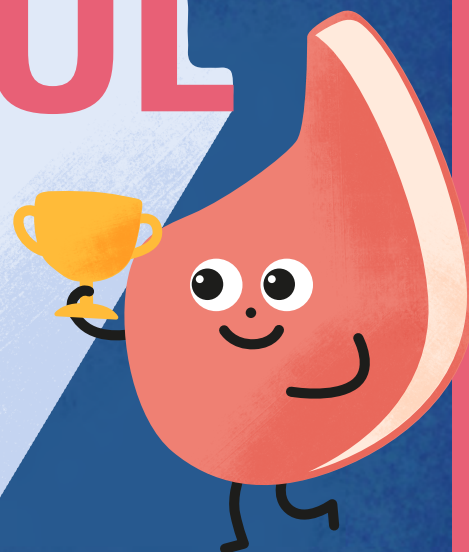
**Endosperm:** the middle, starchy part of the grain.

**Germ:** the inner part of the grain that sprouts when the grain seed is planted.



# POWERFUL PROTEIN

Protein is found in the foods we eat. Protein helps our muscles grow and keeps us strong inside and out. We get most of our protein from meat, like pork! Can you name a protein choice for breakfast, lunch and dinner?



## BUILD A BETTER SNACK

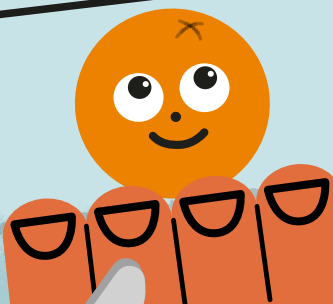
**Directions:** Using what you've learned, create a balanced snack! Start with a blank piece of paper and draw a plate. Next, using grocery ads or magazines cut out foods from each of the food groups we discussed. Combine foods to make a tasty snack. Be sure to include at least 2-3 different food groups for each snack. Glue or tape the combinations to your plate.



# PUZZLE TIME

## CRAZY CLEMENTINES

CAN YOU WORK OUT  
WHAT WORD IS JUMBLED?



SPREAD SCRAMBLE  
can you finish these tasty toast toppings?

J \_ M  
P \_ A N \_ T  
B \_ T T \_ R

## SNACK ATTACK

Find these 8 snackable words in the word search.

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

FRUIT  
VEGETABLE  
WHOLE GRAIN  
PROTEIN

DAIRY  
APPLE  
PORK  
POPCORN

## FRUIT MAZE

CAN YOU DRAW A LINE  
TO THE TASTY FRUITS?

