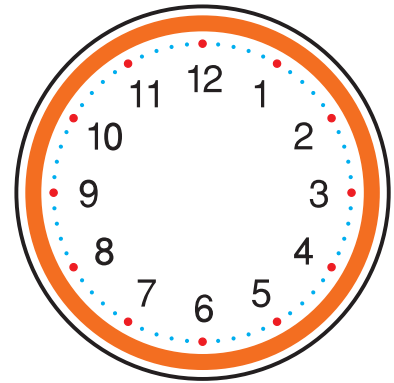


# Snack Attack!

Follow the **TRACKS** and connect the lines to a healthy snack attack!



Set a  
Healthy  
snack time



My Healthy  
snack time



turn off  
the tv

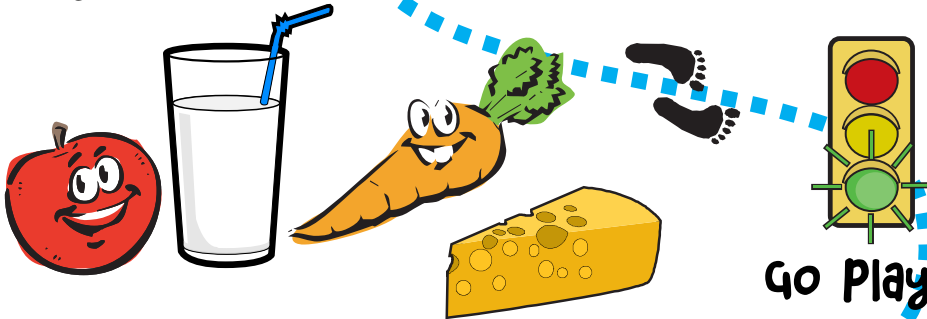


choose  
Healthy snacks



Sometimes healthy  
snacks go **CRUNCH!**

Circle the snack foods  
that go **CRUNCH!**



Go Play

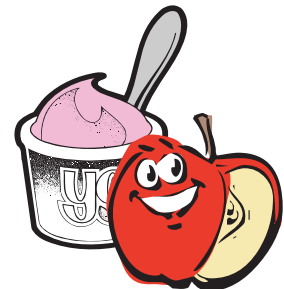
Now **GO** for Active **PLAY!**



## Idea:

**Healthy ME  
Snack Idea:**

- Dip **CRUNCHY** apple slices in yogurt



**Have FUN with letters!**

- Spell **SNACK** with your body.
- Stand **TALL**... Move your body, arms and legs.
- Wave your arms for "**S**". Now what will you do to make **N - A - C - K**?

Brought to you by:

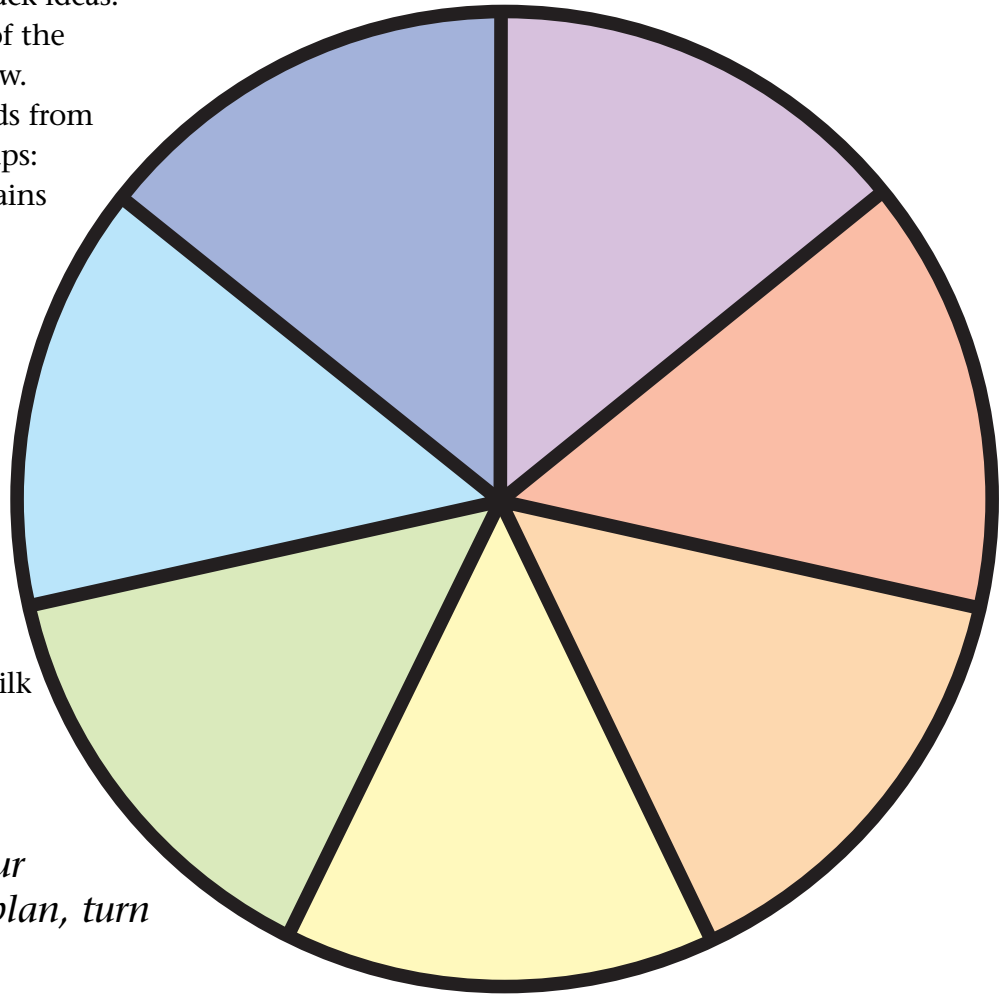


# Snack Attack!

## Create YOUR OWN Snack Attack Wheel!



1. Check it out! Ask your family for their favorite healthy snack ideas.
2. Write the ideas in each of the spokes of the wheel below.  
For each snack, pick foods from 2 or 3 of these food groups:
  - Breads, Cereals and Grains
  - Fruit
  - Vegetables
  - Low-Fat Dairy
3. Cut out the wheel of snacks and post it on your refrigerator.
4. Wow, 7 days of healthy snack attacks!



*Here are a few ideas to get you started:*

- 1) Cereal and Low-Fat Milk
- 2) Green Pepper Slices, Pretzels, and Low-Fat Cheese

*Now that you have your healthy Snack Attack plan, turn off the TV and...*

## Go for Active Play!



**While sitting on the beach, what did the banana say to the orange?**

ANSWER: Did you remember the sunscreen? We are both starting to PEEEL!

Brought to you by:

