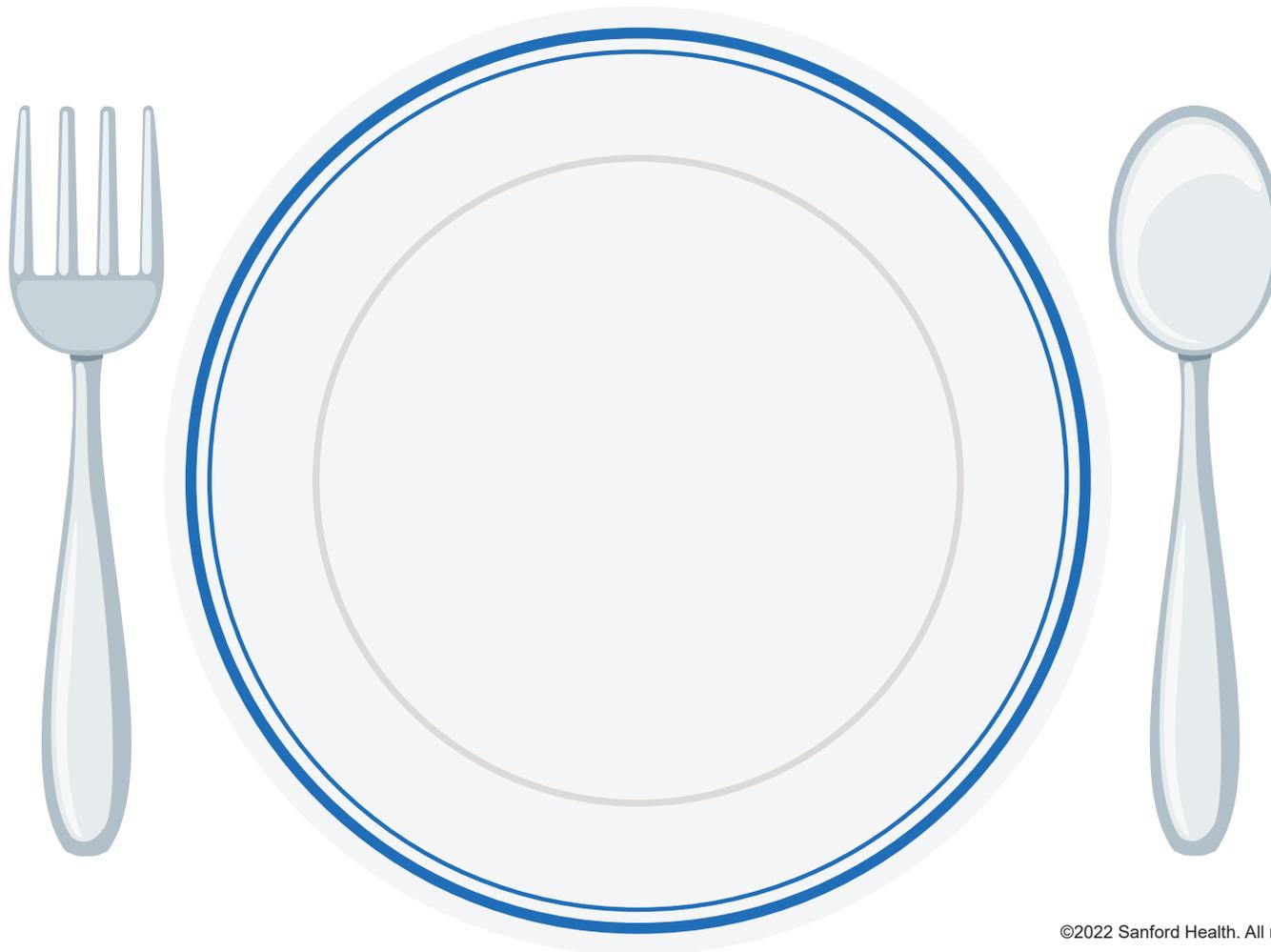


Name _____

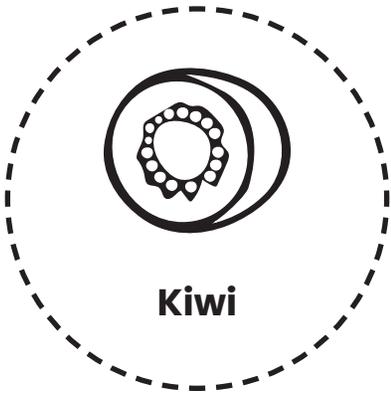
My Healthy Snack

A snack is a small portion of nutritious food that you eat between meals to fuel your body. Color and cut out the food items on the next pages and create different nutritious snack choices you will make.

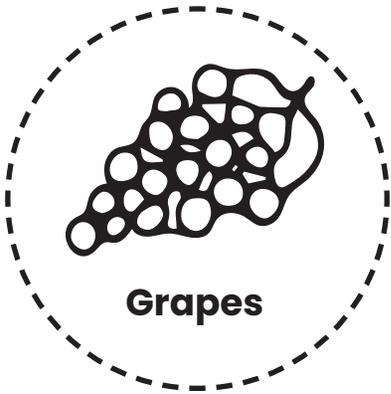




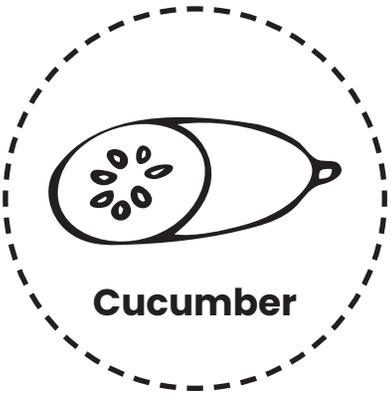
Berries



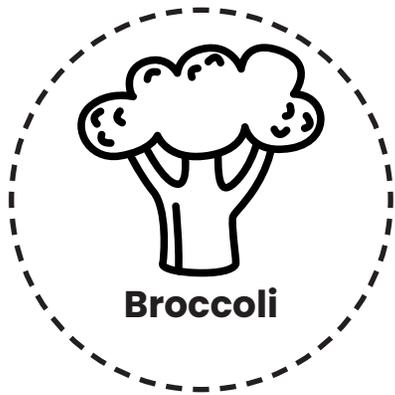
Kiwi



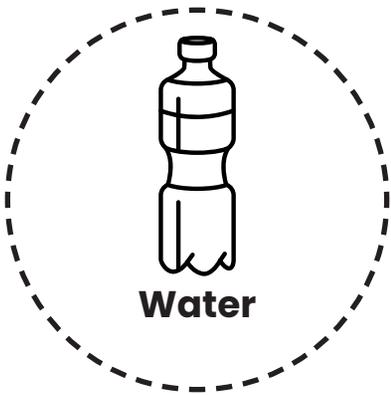
Grapes



Cucumber



Broccoli



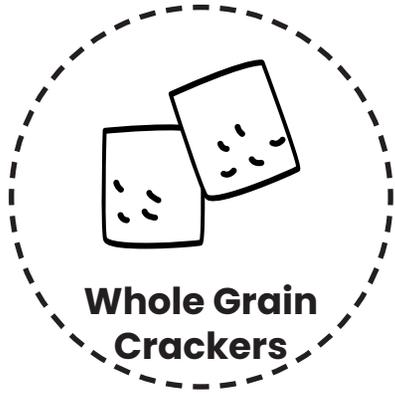
Water



**Sliced
Turkey**



**Cottage
Cheese**



**Whole Grain
Crackers**



Almonds



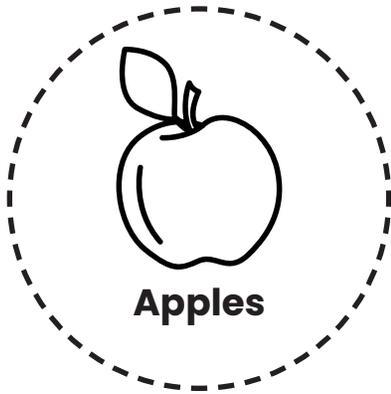
**Nut
Butter**



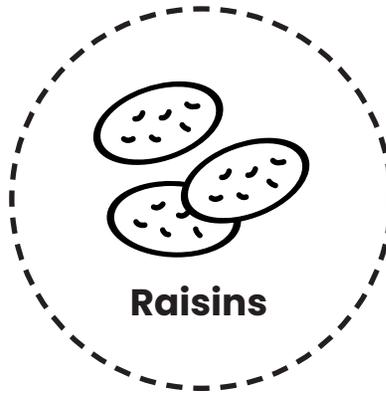
Yogurt



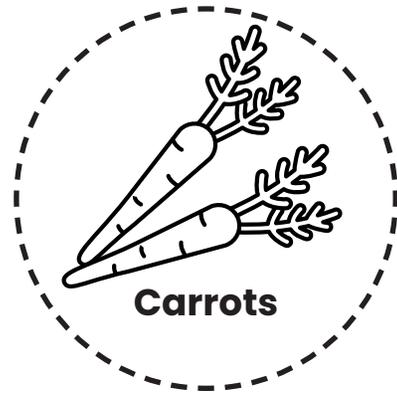
Bananas



Apples



Raisins



Carrots



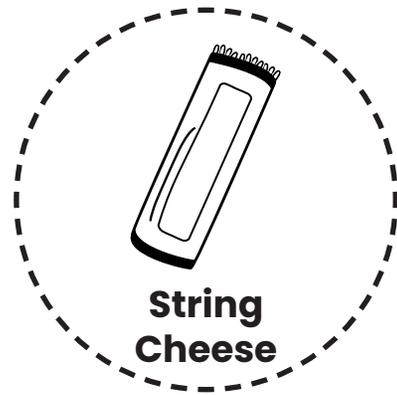
Avocado



Milk



**Sliced
Chicken**



**String
Cheese**



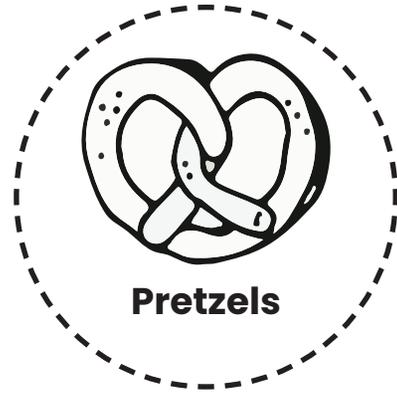
**Whole Grain
Bread**



Cashews



Hummus



Pretzels