



**Which
Food is
the Better
Snack?**

Snack Choices

Which food is the
better snack choice?



Stand on your
left foot if the food
on the **left** is the
better choice.



Stand on your
right foot if the food
on the **right** is the
better choice.

Snack Choices

Which is the better choice of fuel for your body?



potato chips



bananas

Snack Choices

Which is the better choice of fuel for your body?



yogurt



doughnut

Snack Choices

Which is the better choice of fuel for your body?



pretzels



sugary cereal

Snack Choices

Which is the better choice of fuel for your body?



ice cream



oranges

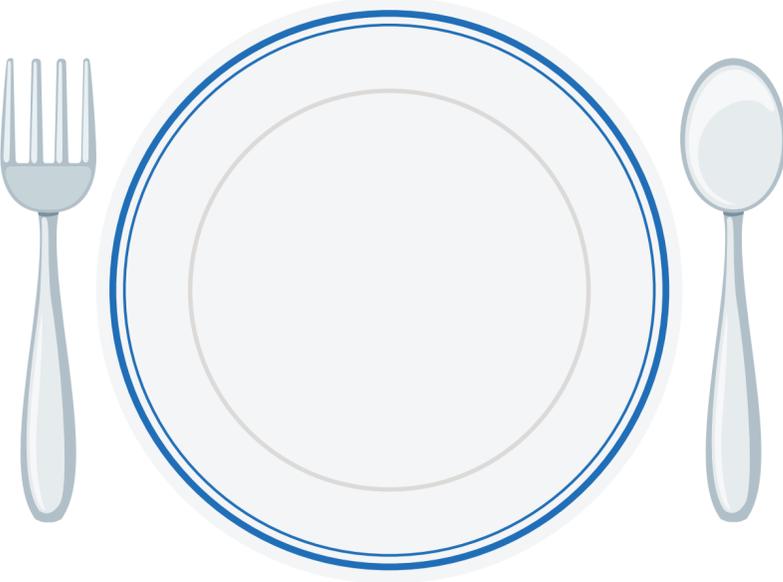
Snack Fuel

Draw a picture of your healthy snack choice.



Name _____

My Healthy Snack
Draw the healthy snack choices you will make.



©2019 Sanford Health. All rights reserved. fit.sanfordhealth.org



*fit*TM
SANFORD®