



**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.

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