

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

DATE: \_\_\_\_\_

# HEALTHY TOPIC: HEALTHY SNACKS

You can eat fruits, vegetables, and other GO foods for snacks to help you feel full and energetic. Smoothies made with GO foods are nutritious and naturally sweet drinks compared to sugary WHOA beverages.

Directions: Create a delicious GO Smoothie by drawing below the ingredients you would add to your smoothie recipe.



## PRODUCE ACTIVITIES:

- Determine which fruits and vegetables from the produce box can be eaten raw as snacks.
- Share your fruit or vegetable to eat as a snack.
- Discuss why eating produce as a snack gives more energy than eating junk food.