

NAME: _____

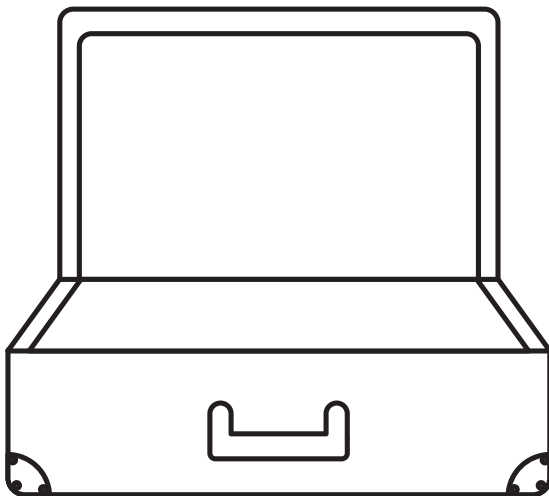
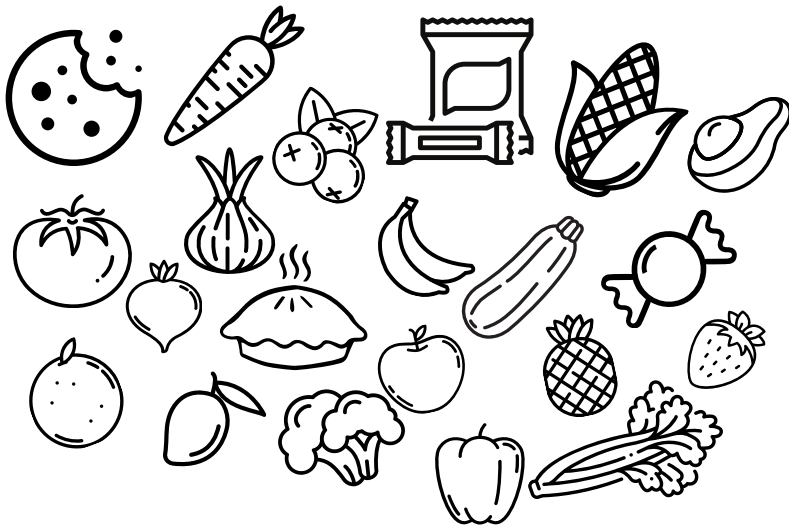
DATE: _____



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HEALTHY TOPIC: HEALTHY SNACKS

Pick from the GO foods below and draw a line of your favorite snacks in the lunch box.



(Lunch Box)

DAY #1:
SCHOOL SNACKS-

AFTER SCHOOL SNACKS-

DAY #2:
SCHOOL SNACKS-

AFTER SCHOOL SNACKS-

HEALTHY TIP:

A HEALTHY SNACK BETWEEN MEALS CAN HELP US FEEL FULL LIKE GO FOODS (FRUITS, VEGETABLES, ETC.) WHICH ARE HEALTHY SNACK OPTIONS. SKIP THE PRE-PACKAGED SNACKS (WHOA FOODS) AND ENJOY HEALTHY SNACKS!

PRODUCE ACTIVITY:

- Discuss how unhealthy snacks can negatively affect your school performance?
- List two benefits of eating healthy snacks.