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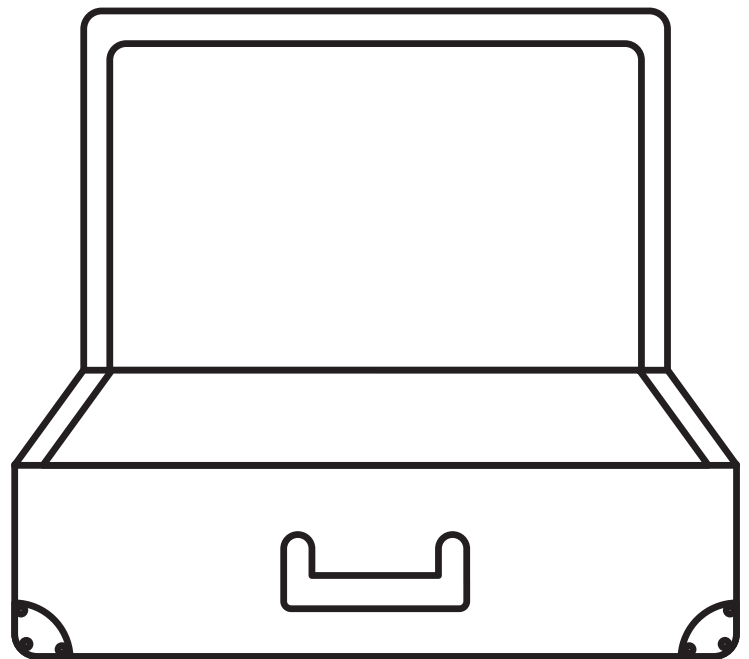
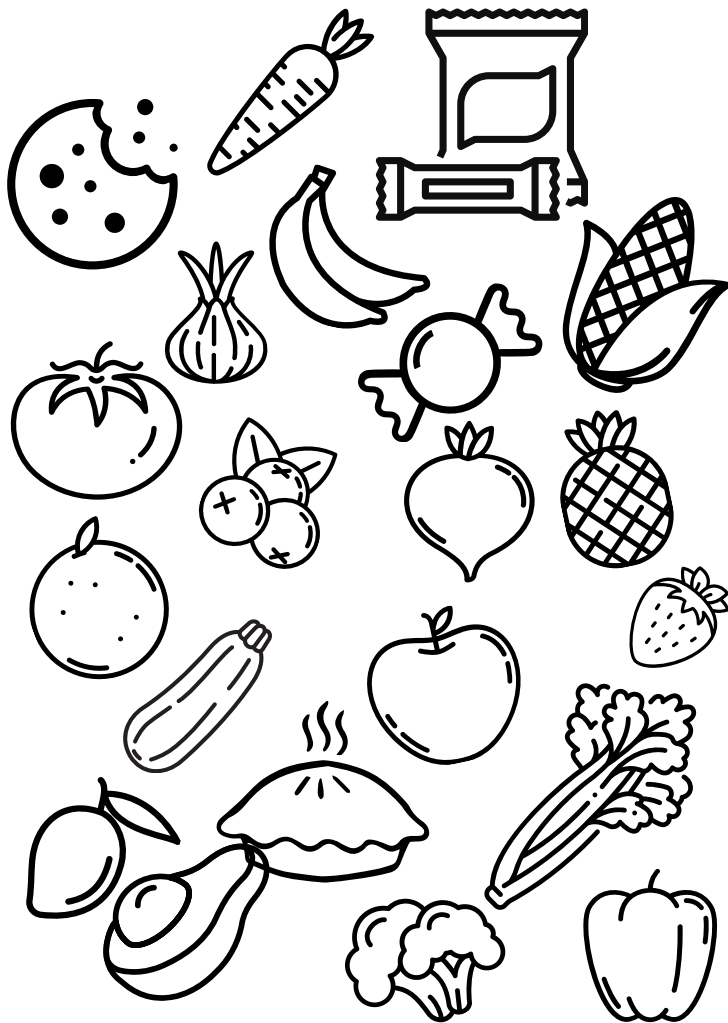
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# HEALTHY TOPIC: HEALTHY SNACKS

Plan two healthy snacks for two days.



(Lunch Box)

## HEALTHY TIP:

A HEALTHY SNACK BETWEEN MEALS CAN DECREASE HUNGER AND BOOST ENERGY. GO FOODS (FRUITS, VEGETABLES, ETC.) ARE HEALTHY SNACK OPTIONS AND THEY PROVIDE NUTRIENTS THAT HELP OUR BODY TO GROW! SKIP THE PRE-PACKAGED SNACKS (WHOA FOODS) AND ENJOY HEALTHY SNACKS!

## PRODUCE ACTIVITY:

- Discuss how unhealthy snacks can negatively affect your school performance?
- Why aren't French fries and cookies healthy snacks?
- Share three healthy snacks with your friends to help improve their snack choices.