



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Sometimes Foods

Look out for foods with added sugars or fats! Sweets like ice cream, cake, sugary cereal, and candy are **sometimes foods**.



## PREVIEW

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Bananas, carrots and water are easy to bring anywhere you go.



Spice up raw veggies with healthy dips.



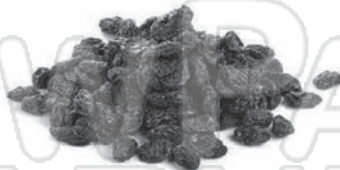
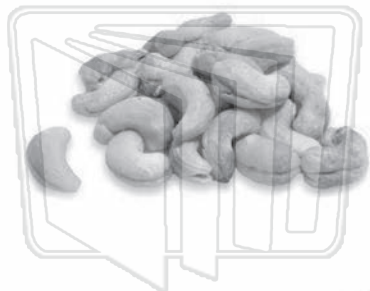


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## Hack Your Snacks

### Make it a Combo

Draw a line to match foods for a healthy combo snack.



## PREVIEW

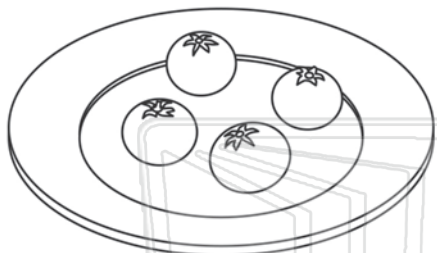
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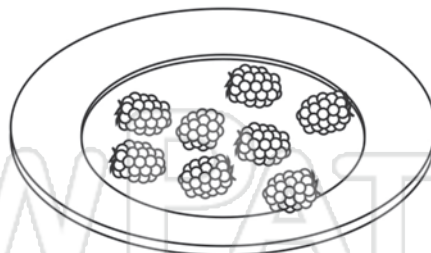


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Snack time! Count the snacks on each plate. Write the number of snacks.

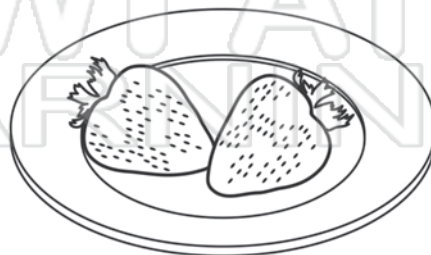
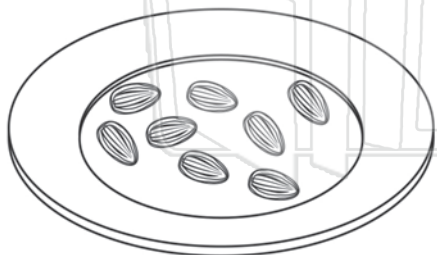


4



**PREVIEW**

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Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

1 Make snacking fun! Try making your own **trail mix** from nuts, seeds and \_\_\_\_\_.

- A dried fruit
- B candy
- C ice cream
- D potato chips



5 Plan ahead for healthy snacking. Which snack is a **good choice** to take along?

- A bananas
- B chocolate bars
- C birthday cake
- D hot dogs



2 Choose the **healthiest** snack.

- A
- B
- C
- D

6 Raw veggies make a great snack. What **color** vegetable should you eat the most?



- A
- B
- C
- D

## PREVIEW

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4 Which is the **healthiest** snack?

- A cupcake
- B carrots
- C apple pie
- D potato chips



8 **Cake and ice cream** should be \_\_\_\_\_ foods.

- A sometimes
- B every day
- C all the time
- D never





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## Answer Sheet

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