

Facts on Snacks!

Intermediate

**Sometimes picking a healthy snack can be a guessing game!
 Learn the healthiest choices by comparing snacks below!**

| Baby Carrots | |
|------------------------|-----------|
| NUTRITION FACTS | |
| Serving Size | 8 carrots |
| Servings per Container | 3 |
| Amount Per Serving | |
| Calories | 26 |
| Calories from Fat | 0 |



| Krunch King Potato Chips | |
|--------------------------|----------|
| NUTRITION FACTS | |
| Serving Size | 16 chips |
| Servings per Container | 4 |
| Amount Per Serving | |
| Calories | 155 |
| Calories from Fat | 96 |

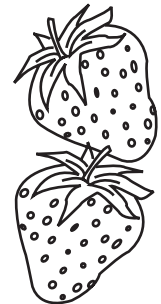


- Which snack has fewer calories per serving? Baby Carrots Potato Chips
- How many calories in each snack come from fat? Baby Carrots _____ Potato Chips _____
- What is one thing both of these snacks have in common? They're both: Orange Round Crunchy Salty

| Crumbly Cookies | |
|------------------------|-----------|
| NUTRITION FACTS | |
| Serving Size | 2 cookies |
| Servings per Container | 10 |
| Amount Per Serving | |
| Calories | 96 |
| Dietary Fiber | 1 gm |



| Sliced Strawberries | |
|------------------------|-------|
| NUTRITION FACTS | |
| Serving Size | 1 cup |
| Servings per Container | 1 |
| Amount Per Serving | |
| Calories | 46 |
| Dietary Fiber | 3 gm |



- What is the serving size for each snack below? Crumbly Cookies _____ Sliced Strawberries _____
- Which of these snacks has more fiber? Crumbly Cookies Sliced Strawberries
- What is one thing both of these snacks have in common? They're both: chocolaty Sweet Red Baked

★ Scavenger Hunt ★

Challenge your sibling or friend to a healthy snack scavenger hunt at your house! It's a great way to find the healthy snacks on hand in your own kitchen. Use a sheet of lined paper and write down as many healthy snacks as you can find in your refrigerator, cupboards and pantry. Ask an adult to check your lists and declare a winner.

ANSWER KEY:

1. Baby Carrots 2. Baby Carrots: 26, Potato Chips: 155 3. Crunchy 4. Crumbly Cookies: 2 cookies, Sliced Strawberries: 1 cup 5. Sliced Strawberries 6. Sweet