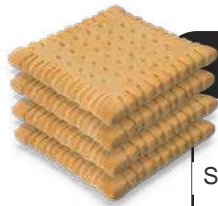


Facts on Snacks!



Sometimes picking a healthy snack can be a guessing game! Learn important facts about smart snacks by answering the comparison questions below!



Whole Grain Cracker	
NUTRITION FACTS	
Serving Size	6 crackers
Amount Per Serving	
Fiber	3 grams
Protein	3 grams

Potato Chips	
NUTRITION FACTS	
Serving Size	18 chips
Amount Per Serving	
Fiber	1 gram
Protein	2 grams



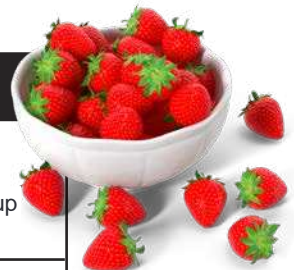
- Which snack has more fiber per serving?
- How many grams of protein are in each snack?
- Which snack has a higher amount of health-smart nutrients?

Whole Grain Cracker _____ Potato Chips _____
 Whole Grain Cracker _____ Potato Chips _____



Gummy Bears	
NUTRITION FACTS	
Serving Size	13 pieces
Amount Per Serving	
Fiber	0 grams
Protein	0 grams

Sliced Strawberries	
NUTRITION FACTS	
Serving Size	1 cup
Amount Per Serving	
Fiber	3 grams
Protein	1 gram



- What is the serving size for each snack?
- Which of these snacks has more protein?
- How much fiber is in a 1/2 cup of strawberries?

Gummy Candy _____ Sliced Strawberries _____
 Gummy Candy _____ Sliced Strawberries _____

Scavenger Hunt

Invite a 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!

Answers: 1. Whole Grain Cracker 2. Whole Grain Cracker 3. Potato Chips 4. 13 pieces & 1 cup 5. Sliced strawberries 6. 1.5 gram