### 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!

#### Baby Carrots

**NUTRITION FACTS**
- Serving Size: 8 carrots
- Servings per Container: 3
- Amount Per Serving:
  - Calories: 26
  - Calories from Fat: 0

#### Krunchy Potato Chips

**NUTRITION FACTS**
- Serving Size: 16 chips
- Servings per Container: 4
- Amount Per Serving:
  - Calories: 155
  - Calories from Fat: 96

#### Crumbly Cookies

**NUTRITION FACTS**
- Serving Size: 2 cookies
- Servings per Container: 10
- Amount Per Serving:
  - Calories: 96
  - Dietary Fiber: 0.6 gm

#### Sliced Strawberries

**NUTRITION FACTS**
- Serving Size: 1 cup
- Servings per Container: 1
- Amount Per Serving:
  - Calories: 46
  - Dietary Fiber: 2.9 gm

1. **Which snack has fewer calories per serving?**
   - Baby Carrots
   - Potato Chips

2. **How many calories in each snack come from fat?**
   - Baby Carrots: 0
   - Potato Chips: 96

3. **How many fat calories are in just one potato chip?**
   - 96

4. **What is the serving size for each snack below?**
   - Crumbly Cookies: 2 cookies
   - Sliced Strawberries: 1 cup

5. **Which of these snacks has more fiber?**
   - Crumbly Cookies
   - Sliced Strawberries

6. **How many calories are in a ½ cup of strawberries?**
   - 23

### 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!