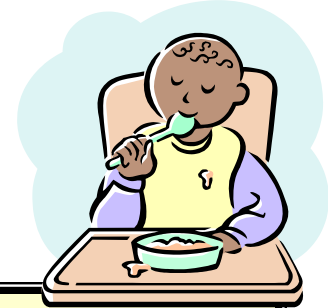


Healthy Snacks

Snacks are part of the day's balanced diet. Choose them as carefully as you choose the main meals. Most active, growing children will need a snack between breakfast and lunch, and one between lunch and dinner.



Snacks should contain foods from at least two of the four food groups in Canada's Food Guide.

1. Which two food groups do you recognize in each of these snacks?

- | | |
|--|---|
| <ul style="list-style-type: none"> • baby carrots and hummus • cucumbers and rice crackers • banana sandwich • apples and cheese | <ul style="list-style-type: none"> • smoothie (yogurt + fruit + milk) • muffin and veggie juice • pineapple with cottage cheese • hard-boiled egg with milk |
|--|---|

2. Can you think of other healthy snacks that your children love?

Write them in the box below. Then key your suggestions into the computer, format the text in an interesting way and add a clip art picture. Save your work and leave it for your instructor to share with the other parents.