Healthy Snacks can be found in all food groups!

Can you name the five food groups?

1  2  3  4  5

Can you name at least one key nutrient in each food group?

1  2  3  4  5

My Favorite Healthy Snacks (draw and color)
Recipe Corner:

Trail Mix My Way

Ingredients:
- ¼ cup raisins
- ¼ cup oat cereal
- ¼ cup surprise! (Healthy snack of my choice!)
- ¼ cup nuts (optional)

Instructions:
Place all ingredients in a bowl and share with some friends!

Healthy Snack Ideas:

Did you find them all?
Asparagus
Banana
Beans
Celery
Crackers
Egg
Grapes
Low Fat Milk
Oat Cereal
Nuts
Red Peppers
Salad
Strawberry
Tuna
Water
Yogurt