



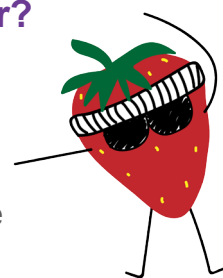
# PACK A SNACK!

I	F	N	A	Q	J	C	G	B	O	C	F	J
K	R	I	N	V	A	B	H	E	E	B	U	L
R	U	S	A	P	Q	U	P	E	W	X	M	E
N	I	Y	B	P	Z	I	L	D	E	J	B	N
Y	T	V	P	Y	R	I	A	D	C	S	O	U
M	S	C	K	S	Y	O	I	P	W	B	E	T
O	Y	R	F	I	L	H	T	U	S	R	J	S
Z	G	A	S	E	I	R	R	E	B	O	M	K
A	B	C	C	O	T	E	I	N	I	Y	F	A
W	H	K	R	R	F	G	L	Y	A	N	S	D
G	O	E	M	Y	G	E	T	C	R	H	W	Y
J	L	R	C	E	P	Y	I	M	D	Q	A	V
L	A	S	V	Z	S	M	O	O	T	H	I	E
I	G	R	A	N	O	L	A	T	K	Y	B	Q

**How many of these snack-related words can you find together?**

*Words can be forward, backward, or diagonal.*

- |         |          |         |         |          |
|---------|----------|---------|---------|----------|
| Fruits  | Crackers | Nuts    | Veggies | Granola  |
| Berries | Dairy    | Protein | Cheese  | Smoothie |



## Snacking: Healthy Habits All Day Long

**Snacks are an important part of your child's daily nutrition!**

Your child is still growing, so they need healthy food to build muscle, provide energy, and maintain health every day. A child's stomach is small and can't handle large meals, so snacks are a great way to get in everything they need to grow healthy and strong. You should plan one or two healthy snacks a day, along with three meals, to fuel your child's growth.



Snack time is a good time to help teach your child how to make healthy choices. Let them choose what they want each day! Give your child two to three healthy options to choose from. Try to give options that include foods from the dairy, vegetable, fruit, protein, and grain groups of MyPlate.

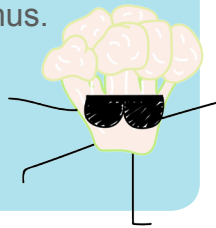
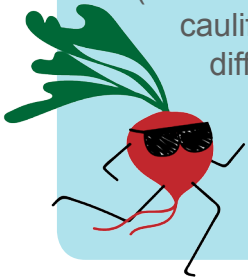
For snack ideas from each food group that fit your family, visit:  
<http://www.choosemyplate.gov/healthy-eating-tips.html>.

## Snack Ideas for the Whole Family

Snacking is not just for kids! Below are some ideas for your family to try out together. These are easy to make, so let your child help you or even prepare them on their own for the whole family.

### TASTE THE MEDITERRANEAN

Toast some pita bread, slice some veggies (like carrots, bell peppers, radishes, or cauliflower) and serve them all with different flavors of hummus.



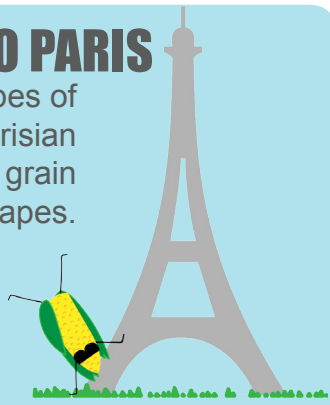
### ITALIAN STYLE

Put some tomato sauce on a bagel, top with low-fat mozzarella cheese, and toast it in the oven to create mini pizzas. You can even add chopped veggies as toppings!



### A TRIP TO PARIS

Slice some different types of cheese and eat it Parisian style, with whole grain crackers and grapes.



### SHAKE IT UP

Throw some of your favorite fruits (like strawberries, bananas, or blueberries) into the blender with some fat-free milk, low-fat yogurt, and ice.



## HEALTHY FAMILY CHALLENGE

- 🍅 As a family, try making one of the snacks listed above!
- 🍅 Try to create a set schedule/routine in the house for snacking.
- 🍅 Maintain healthy snacking habits! Your children will learn from your example.