

Healthy & Happy: Snacking The Right Way!

Lift-Off! wants to help you learn to snack better! Put away the candy bars and soda, and do this fun and delicious activity this month!

1. My Favorite Snacks

List your 5 favorite snacks here!

1. _____
2. _____
3. _____
4. _____
5. _____

2. Which of your favorite snacks are healthy? Put a check next to those that are already healthy choices. If you wrote down any of the following, it's time to make some new choices:

- | | |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Cookies | <input type="checkbox"/> Candy Bars |
| <input type="checkbox"/> Cake | <input type="checkbox"/> Ice Cream |
| <input type="checkbox"/> Pie | <input type="checkbox"/> Pudding |
| <input type="checkbox"/> Gummy Bears | <input type="checkbox"/> Gummy Worms |
| <input type="checkbox"/> Fried Foods | <input type="checkbox"/> Soda |
| <input type="checkbox"/> Potato Chips | |



3. Count how many unhealthy foods are in your 5 favorite snacks. Circle the same number of these healthier choices that you would like to try:

- | | |
|---|----------------------|
| Fresh Fruit | Frozen Yogurt |
| Pretzel Sticks | Whole Grain Crackers |
| Graham Crackers | Trail Mix |
| Fruit Juice Ice Pops | |
| Carrots with Low-Fat Dip | |
| "Ants on a Log" (celery with peanut butter and raisins) | |



Now take your sheet into school with you to show your teachers and classmates! Show them how much you enjoyed your healthy snacks, and tell your friends to try it too!

LIFT-OFF!