

Name _____

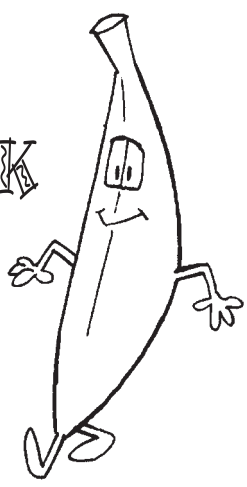
MORE EXTRAS FUN

SNACK ATTACK!
List your favorite snacks from this group:

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

NOW LIST A HEALTHY SNACK
from the 5 food groups that
you could eat instead.

- Grains _____
- Vegetables _____
- Fruits _____
- Meat and Beans _____
- Milk _____

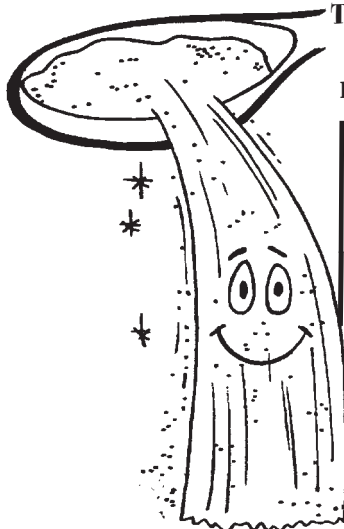


SWEET AND SALTY WORD SEARCH

Find and circle these words in the puzzle.

- They are hidden in all directions.
- sugar
 - cola
 - candy
 - sweets
 - pastry
 - chips
 - cookies
 - cake
 - salt

P	C	R	A	G	U	S
A	H	L	E	S	E	W
S	I	E	T	I	R	E
T	P	S	K	L	O	E
R	S	O	T	A	A	T
Y	O	A	L	O	C	S
C	A	N	D	Y	O	U



LIFT-OFF!
SAYS

Separate the words

For your dessert have fresh fruit instead!

