Build a Better Snack

PART I

Draw a line to connect the appropriate food group to its most important nutrient.

**FRUITS**

A. Protein: helps you grow and build strong muscles

**VEGETABLES**

B. Calcium: builds strong bones and teeth

**PROTEIN**

C. Vitamin A: for healthy skin and good vision

**GRAINS**

D. Vitamin C: helps heal cuts, as well as fight infection

**DAIRY**

E. Carbohydrate: an excellent source of energy

PART II

Label each of the snacks below with their appropriate food groups using the following key: F = Fruits, V = Veggies, P = Protein, G = Grains, D = Dairy.

- Popcorn
- Graham Crackers
- Peanut Butter & Crackers
- Granola
- Low-Fat Pudding
- Strawberries
- Yogurt
- String Cheese
- Chocolate Milk
- Applesauce
- Pita & Hummus Dip
- Milk
- Yogurt
- Veggie Sticks
- Banana
- Fruit Smoothies
- Cheese Cubes
- Cheese Quesadilla
- Mixed Nuts
- Raisins
- Celery & Veggie Dip

PART III

Build your favorite snack to take to school using the list from Part II. Draw your snack in the bag below. Your snack must include at least three different food groups.

HINT: Some of these snacks may belong under multiple groups!
Draw a line to connect the appropriate food group to its most important nutrient.

**PART I**

- **FRUITS**
  - **A.** Protein: helps you grow and build strong muscles
- **VEGETABLES**
  - **B.** Calcium: builds strong bones and teeth
- **PROTEIN**
  - **C.** Vitamin A: for healthy skin and good vision
- **GRAINS**
  - **D.** Vitamin C: helps heal cuts, as well as fight infection
- **DAIRY**
  - **E.** Carbohydrate: an excellent source of energy

**PART III**

Build your favorite snack to take to school using the list from Part II. Draw your snack in the bag below. Your snack must include at least three different food groups.

**PART II**

Label each of the snacks below with their appropriate food groups using the following key: **F** = Fruits, **V** = Veggies, **P** = Protein, **G** = Grains, **D** = Dairy.

- Popcorn **g**
- Graham Crackers **g**
- Peanut Butter & Crackers **p,g**
- Granola **g**
- Low-Fat Pudding **d**
- Strawberries **f**
- Yogurt **d**
- String Cheese **d**
- Chocolate Milk **d**
- Applesauce **f**
- Banana **f**
- Fruit Smoothies **f,d**
- Cheese Cubes **d**
- Mixed Nuts **p**
- Milk **d**
- Pita & Hummus Dip **g,p**
- Veggie Sticks **v**
- Cheese Quesadilla **d,g**
- Milk **d**
- Strawberry Smoothie **f**
- Celery & Veggie Dip **v,d**
- Raisins **f**

**HINT:** Some of these snacks may belong under multiple groups!