

HEALTH · GRADES 1–2

# Snack or Treat?

Which foods are for every day, which are for sometimes?

## Two food groups

EVERY-DAY snacks give your body energy and the things it needs to grow. SOMETIMES treats are tasty but high in sugar, salt or fat. They're not bad — they're just for SOMETIMES, not every day. Your body needs lots of every-day snacks and only a few sometimes-treats.

## Sort each food

Every-day snack	Sometimes treat	

**Cut out and sort:** apple, candy bar, carrot sticks, potato chips, yogurt, ice cream, cheese cubes, soda, banana, chocolate cookie, cucumber slices, lollipop, wholegrain crackers, donut, boiled egg, cake



**Build your perfect after-school snack**

Pick ONE protein (cheese, yogurt, egg, nuts), ONE crunchy thing (carrot, apple, crackers), and ONE drink (water, milk). Draw it.

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