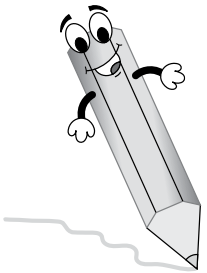
Gordon Food Service

KIDZ.I.N.E.

kids zoning in on nutrition education

Healthy Snacks



Using the words on this page, unscramble each word. Then use the marked letters to solve the second puzzle. Good luck!

SLPTEZER — 1

ARW AEETLEGVBS — 8

AEPPL — 13

RCCREKAS — 4 5 15

ENORZF ECUJI RBA — 2 12

IPDGNDU — 11

ELBGA — 3

ISTRNG HCESEE — 18 6 14

INIARSS — 7

WRAET — 10

YRD CEELAR — 19 9 16 17

1 2 3 4 5 6 7 8 — 9 10 11 — 12 13 — 14 15 16 17 18 14 19 !

Did You Know?

- A snack should be eaten one and a half to two hours before the next meal so that it doesn't interfere.
- Planning your snacks during the day can add another serving of fruits and vegetables to your healthy diet.
- A healthy snack often includes two different food groups, like cheese and crackers or yogurt and granola. This provides carbohydrates, proteins, and fat, which will satisfy hunger longer.
- Some snacks are not good to share with siblings under four years old. For example, nuts, seeds, whole grapes, popcorn, and raisins can be a choking hazard for little children.

Here are the answers to the puzzles.

SLPTEZER — PRETZELS

ARW AEETLEGVBS — RAW VEGETABLES

AEPPL — APPLE

RCCREKAS — CRACKERS

ENORZF ECUJI RBA — FROZEN JUICE BAR

IPDGNDU — PUDGING

ELBGA — BAGEL

ISTRNG HCESEE — STRING CHEESE

INIARSS — RAISINS

WRAET — WATER

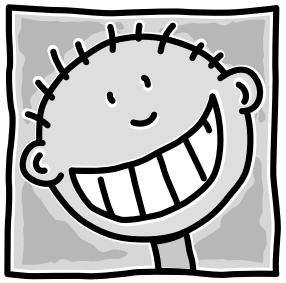
YRD CEELAR — DRY CEREAL

SNACK IN 1 2 3 4 5 6 7 8 — CAN 9 10 11 — BE 12 13 — HEALTHY 14 15 16 17 18 14 19

No thanks, I'm stuffed.

Yummy Snack Ideas

- **Kabobs:** pieces of deli meat, cheese, fruit and/or vegetables speared on toothpicks.
- **Dips:** peanut butter, yogurt, and salad dressing make fresh fruits and vegetables more fun to eat.
- **Melon Balls:** use an ice cream scoop to serve up some watermelon, cantaloupe, or honeydew melon.
- **Frozen Grapes:** wash grapes and place in freezer for about an hour for a cool treat.
- **Trail Mix:** create your own with dry cereal, dried fruit, nuts, and chocolate candies.



Joke

What did the teddy bear say when the boy offered dessert?

Fun Facts

- Popcorn is considered a whole grain. It is recommended that half of our grain servings come from whole grains.
- Snacking can help you control your weight because you don't become too hungry for your next meal and eat too much.