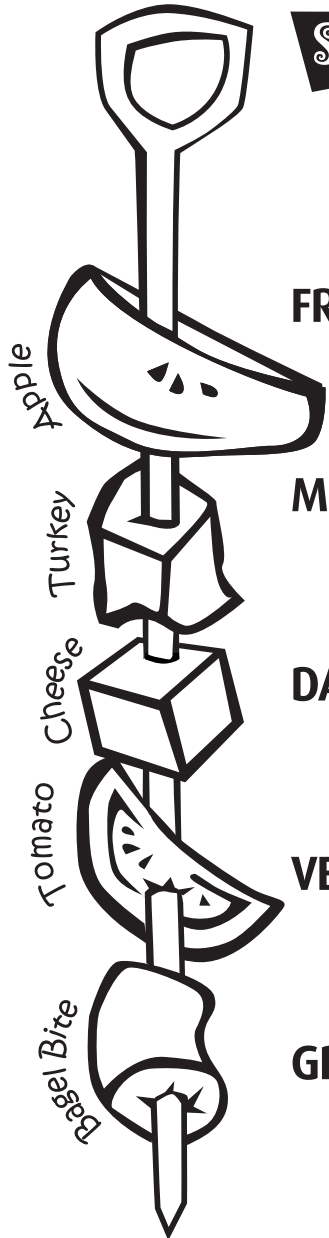


Name \_\_\_\_\_

# ARE YOU SNACK SMART ?

## Step 1

Draw a line to connect the appropriate Food Group to its major nutrient



**FRUIT**

A) Vitamin A;  
for healthy skin  
and good vision

**MEAT**

B) Vitamin C;  
helps heal cuts  
and bruises and  
fight infection

**DAIRY**

C) Carbohydrate;  
Good source of  
energy and to help  
with digestion

**VEGGIE**

D) Protein;  
To help you grow  
and build strong  
muscles

**GRAIN**

E) Calcium;  
To build strong  
bones and teeth and  
to help clot blood

## Step 2

Draw your favorite snack  
with at least 3 food groups



## Step 3

Check the Food Group  
in your snack

- Veggie
- Fruit
- Grain
- Meat
- Dairy

## Step 4

Can you name the  
nutrients in your snack?

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## Step 5

What will the  
**NUTRIENTS**  
packed in your  
snack do for  
your body?

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A) VEGGIE, B) FRUIT, C) GRAIN, D) MEAT, E) DAIRY