

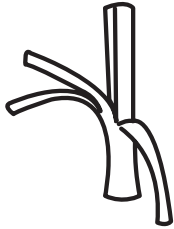
SMART SNACKING






The foods below make the most filling snacks when eaten together. Draw a line to match each food with its food group. Using the space at the bottom, create two snack combinations that you would like to try.

String Cheese

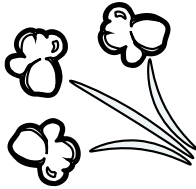


FRUIT



Grapes

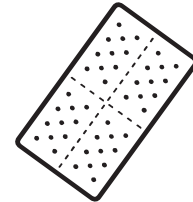
Popcorn



Milk

VEGETABLE

Carrot Sticks



Graham crackers

Peanut-butter

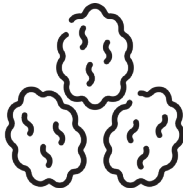


PROTEIN



Broccoli

Dried Fruit



Pretzel

Cucumber



WHOLE GRAINS



Apple Slices

Filling Snack Ex. 1

Filling Snack Ex. 2
