

# Make a Healthy Snack!



Do you think  
you'd like this  
snack?

Lexile Level: 500-750

# Thinking About Healthy Snacks

What makes up a healthy snack?  
Do you know? Healthy snacks are  
made of real food.

That means food that does not  
come from a factory. It mostly  
means food you grow in the  
ground, like fruits and vegetables.



*What do you think 'real' food means?*



*You can taste pumpkin in many different foods.*

# The Importance of Snacks

It's important to eat healthy snacks. Do you know why? Healthy snacks give you vitamins to help your body move and grow.

Healthy snacks help you learn at home and at school. They make your body and brain feel good.



*You must move to keep your body healthy!*



*Snacks give you energy.*



## Helpful Tips

First, bring a snack from home. Many fruits and vegetables are both crunchy and sweet.

Pack your snack in a container that you can use again. Don't forget the dip!



*Fruits and vegetables are great for snacking.*



*Do you like to dip your vegetables?*

## More Helpful Tips

Here is your next tip: drink your snack. Pour yourself some milk. It has a lot of vitamins.

You can also make a smoothie. Add fruit, yogurt, spinach or all three.



*It's important to keep milk cold.*



*You need a blender to make a smoothie.*

## Last Helpful Tips

Here is your last tip: mix your snacks! You can add raisins to things like nuts.

You can add something crunchy to your yogurt. Eat a different snack each day!



*What else can you mix to make a tasty snack?*



*You can add fruit, too.*



## Conclusion

Is this book making you hungry?  
Are you ready to make your own  
snack now?

You know what to do. Find some  
real food. Make your own snack  
and make it delicious!



*Try to make your own snack.*



*What will your next snack be?*