

Activity 108

Snack Sense

Directions: Snacks can provide essential nutrients and help you balance your diet. Some snacks, however, are empty-calorie foods, high in calories and low in nutrients. Complete the puzzle below, using some of the names of snack foods from the list at the bottom of the page. Then identify each food in the list with *N* (nutritious snack food) or *E* (empty-calorie snack food).

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	N — — — —
— — — — —	A
	C — — — —
— — — — —	K
— — — — —	S — — — — —
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	O — — — — —
— — — — —	U — — — —
— — — — —	N — — — —
	T — — — —

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|------------------------|---------------------|
| _____ 1. oranges | _____ 11. cupcake |
| _____ 2. potato chips | _____ 12. ice cream |
| _____ 3. banana | _____ 13. yogurt |
| _____ 4. candy bar | _____ 14. raisins |
| _____ 5. marshmallows | _____ 15. milk |
| _____ 6. cola | _____ 16. taco |
| _____ 7. fruit juice | _____ 17. grapes |
| _____ 8. brownies | _____ 18. popcorn |
| _____ 9. peanut butter | _____ 19. nuts |
| _____ 10. cheese cubes | _____ 20. pizza |