

STUDENT WORKSHEET

ACTIVITY 2: ✓ YOUR SNACKS!

Name _____ Date _____ Class/Hour _____

Everyone likes to snack! But is your snack healthy for you? Let's find out.

Compare two of your favorite snacks with two school snacks for optimal nutrition. Use the information from the Nutrition Facts label on the packages to complete the tables. Place a ✓ if it meets the criteria as a Smart Snack and X if it does not.

List the criteria for a snack to be a Smart Snack:

Nutrient	Snack
Calories	
Total Fat	
Saturated Fat	
<i>Trans</i> Fat	
Sodium	
Sugar	

Your Snack	✓ or X		✓ or X	School Snack
		Name of Snack		
		Serving Size		
		Calories		
		Total Fat		
		Saturated Fat		
		<i>Trans</i> Fat		
		Sodium		
		Sugar		

Your Snack	✓ or X		✓ or X	School Snack
		Name of Snack		
		Serving Size		
		Calories		
		Total Fat		
		Saturated Fat		
		<i>Trans</i> Fat		
		Sodium		
		Sugar		

1. Did your snack meet the criteria for a Smart Snack? _____
2. How do you know? _____
3. How will this make you rethink your snack choices? _____
4. Explain how likely you are to choose a Smart Snack instead of another snack in a grocery store. _____

STUDENT REVIEW WORKSHEET

✓ YOUR SNACKS

Name _____ Date _____ Class/Hour _____

1. What nutrient information must be shown on snacks sold in some vending machines? How would this information influence the snack you purchase from this vending machine?

2. What is a **Smart Snack**? How is this snack different from ones not sold in schools?

3. Do you think that snacks sold in schools should be healthier than those sold in the supermarket? Please provide your reasons.

4. An "anytime" snack has been defined as a snack that is nutrient dense. Which of the snacks you reviewed for this activity would belong to this group? What information did you use to put the snack(s) in this group?

5. A "sometimes" snack has been defined as a snack high in empty calories, saturated fats, added sugars, or sodium and are foods that should be limited. Which of the snacks you reviewed for this activity would belong to this group? What information did you use to put the snack(s) in this group?
