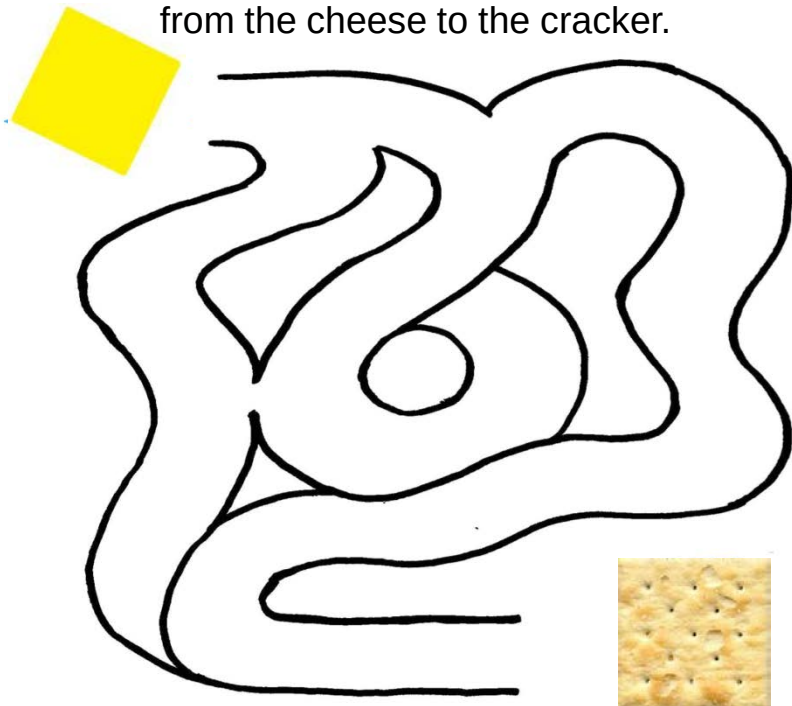


Crackers and Cheese

Directions: Find the path through the maze from the cheese to the cracker.



Parent Corner

Grainy snacks that contain whole grains provide more fiber, vitamins, and minerals than refined grains do. Healthy whole grain options include English muffins, pita, or tortillas; breakfast cereal; crackers; rice cakes; popcorn; tortilla chips; granola; cereal bars; breadsticks; or flatbreads. Refined grains, such as pretzels and goldfish, should not be everyday offerings. Be sure to read nutrition labels to pick options that are low in sugars, saturated fat, and trans fat.

What I ate today:

My Lunch Grade:



Spot The Difference

Directions: Cross out the picture that is different in each group.

