

### Snack Attack



Snacks aren't all bad. In fact, they should be an important part of your diet. It's just that some of our favorite snacks have given snacks a bad name. Most brands of potato chips have large amounts of fat and salt. Those chocolate chip cookies that we all love are loaded with fat and sugar. You don't have to cut out the goodies all together, but you should make sure you don't eat more of those foods than anything else. Try sampling a variety of snacks instead of just reaching for cookies, chips and soda every day.

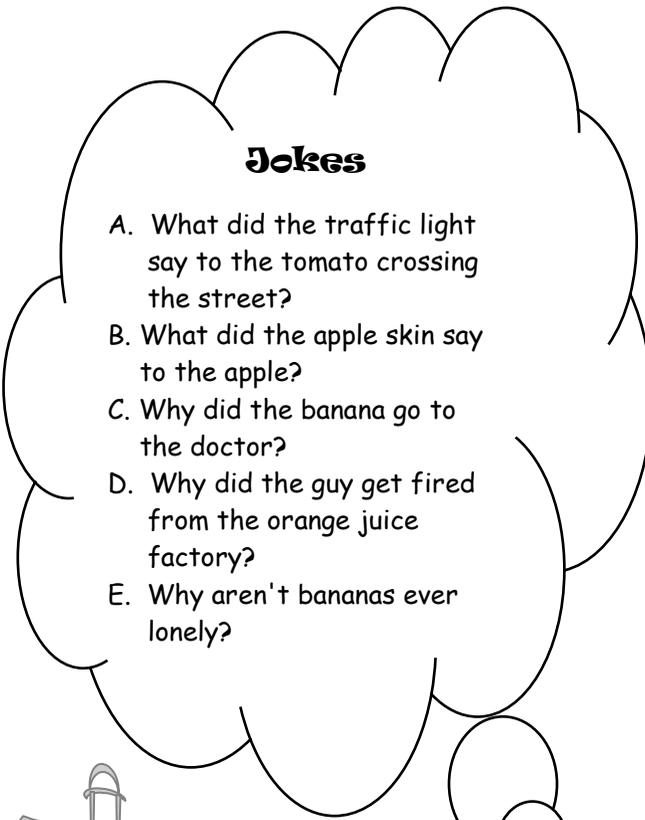


Unbuttered popcorn is a delicious snack that is also nutritious. Nuts and sunflowers seeds contain fat, but they are also loaded with many of the nutrients your body needs.

Fresh fruit is a wholesome way to satisfy your sweet tooth. Carrot sticks, celery and apples provide a crunchy snack.



Chips, candy, cookies, and soft drinks are snacks that should be saved for special occasions, maybe once or twice a week.



### Jokes

- A. What did the traffic light say to the tomato crossing the street?
- B. What did the apple skin say to the apple?
- C. Why did the banana go to the doctor?
- D. Why did the guy get fired from the orange juice factory?
- E. Why aren't bananas ever lonely?

### Joke Answers

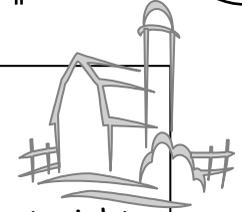
- A. "Don't look now, I'm changing"
- B. I've got you covered.
- C. Because it wasn't peeling well
- D. He couldn't concentrate!
- E. Because they come in bunches



### Trivia Facts

- 80% of our body is water and 80% of fruit consists of water!
- Fruit is 100% bad-cholesterol free.
- Eating fruit has a positive effect on your brain making your brain recall information faster and more easily.
- Grapes have been grown for over 8,000 years.
- Pineapples got their name because 500 years ago an explorer thought that they looked like a pine cone.
- There may be as many as 1,000 seeds on a strawberry.

### Farm Facts



- Fresh fruits and vegetables straight from the farm are part of a healthy diet.
- Pears ripen best off the tree.
- Pumpkins are a type of squash.
- Watermelons must be harvested by hand.
- GPS is short for Global Positioning System.
- GPS helps farmers track crop yields as they harvest crops.



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## What Do You Remember?



Fill in the correct answer using information from the article:

### 1. Potato chips

- should be eaten only with lunch.
- should be eaten at lunch and as a snack.
- contain lots of fat and salt.



### 2. Chocolate chip cookies

- are a good choice for an after school snack.
- are loaded with fat and sugar.
- have lots of fat and healthy nutrients.



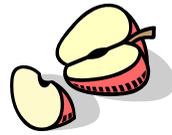
### 3. Unbuttered popcorn

- is a nutritious snack.
- has lots of salt and fat.
- has lots of salt and sugar.



### 4. Which of the following is the BEST wholesome snack?

- soft drinks.
- carrot sticks and chocolate chip cookies.
- celery and apples.



### 5. Snacks that should be saved for special occasions are

- soda and chips.
- apples.
- popcorn.



# Know Your Fruits and Vegetables



Solve the following mystery puzzles:

#1 Eating fruit for snacks costs less than candy bars. For a great tasting fruit snack, rearrange the letters in the word: **CHEAP**

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#2 Add an **e** at the end of my name and I'm a feather. Add a **p** at the end of my name and I'm a little bit fat. What fruit am I?

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#3 Rearrange these letters to find the name of a crunchy vegetable rich in Vitamin C: **COOLCRIB**

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#4 When there is one of me I sound like two! \_\_\_\_\_

#5 Scramble the letters of this fruit and then add a **g** in the beginning: **PEAR**

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#6 Appealing, Pleasing - These words describe a favorite fruit that fun to eat. Combine the beginnings of each word to find its name.

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#7 Combine the name of a **tree** with the name of a **fruit** and you'll discover the name of a sweet and juicy fruit that's yellow inside.

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Developed by the International Apple Institute, Centers for Disease Control & Medical College of Georgia

1. peach
2. plum
3. broccoli
4. pear
5. grape
6. apple
7. pineapple