

Healthy YOUTH
 Lesson 3 Healthy Snacking
 Student Activity



My Pledge...

MY PLEDGE TO EAT RIGHT! *What are your favorite healthy foods? Make a list in the space provided below.*

My Favorite Healthy Foods _____

Pick your top favorite healthy food from the list above. In the spaces provided below, pledge to eat your favorite healthy food for snacks rather than 'empty calorie' foods.

My Plan for healthy snacks:

I will eat _____ for a snack _____ times a week instead of _____.

Name: _____

Date: _____

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