

Be A
MyPlate
Kid!

SNACK CASES

TEACHER: Cut out the six individual Snack Cases and distribute one per group of students. Make additional copies of this work sheet as needed.

Snack Case 1

You arrive home hungry after school and you are not allowed to cook or use the microwave.

What's your healthy snack?

Snack Case 2

You are asked to bring snacks for 15 teammates to eat after the soccer game. They are very thirsty and hungry.

What will you bring?

Snack Case 3

You are asked to bring a healthy and easy-to-pack snack for your three-hour bus ride to a concert.

What snack foods are you packing?

Snack Case 4

You and your friends stop at a fast food restaurant for an after-school snack.

What do you order to meet the healthy snack criteria?

Snack Case 5

You and your family are at a professional baseball game and you get hungry.

What do you buy at the concession stand for a healthy snack choice?

Snack Case 6

You are studying at the public library and get the munchies. You cannot leave the building and the only food choices are in the vending machines.

What can you choose for a healthy snack?

Resource: Washington Apple, Healthy Choices for Kids

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Eat Smart Be Smart