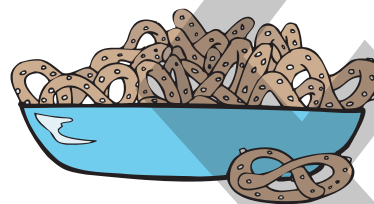


Favorite Snacks

Write descriptions for five of your favorite snack foods, and add illustrations.



1. _____

2. _____

3. _____

4. _____

5. _____

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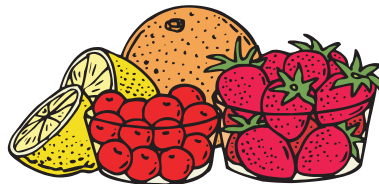
To snack, or not to snack...

- 1 You just arrived home. Lunch was hours ago, and you are starving. You open a box and grab a handful of cereal. You feel a lot better, but you wonder—is snacking a bad habit?
- 2 While snacking on bad foods can lead to poor health, many experts say there are benefits to good snacking. Snacks can boost your energy between meals. Biting into an apple can keep you from being cranky. A few pretzels after school might prevent overeating at dinner.
- 3 There are other practical reasons for snacking. Kids go through rapid growth spurts, which begin around age 10. You need extra nutrients to support that rapid growth. You will recognize growth when you have to squeeze into clothes and shoes that do not fit well anymore, or you gain three or four inches in one year.
- 4 That rapid growth affects every organ in your body, including your brain. Nutrients such as iron become important. Your bones also grow, so you need calcium, too. You may get growing pains because your skeleton and muscles are growing so fast. Depending on your activity level, you might need more calories to kick a soccer ball or ride your bike.

Growth Increases (between age 13 to 18)

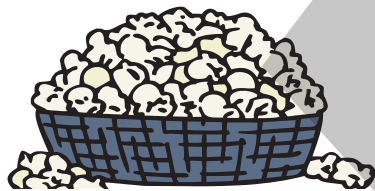
| Females | Males |
|--|--|
| Weight range: 68 to 110 pounds | Weight range: 76 to 118 pounds |
| Height increases by: 8.5 to 9.5 inches | Height increases by: 10.5 to 20 inches |

- 5 You need the right snack at the right time. Snacks should never replace meals but should be eaten at about the same time each day. School-age kids typically eat three meals a day and should have a light snack between each meal. One snack might be eaten mid-morning and the other after school.
- 6 The best snacks are low in sugar, fat, and salt. Fresh fruits, vegetables, and snacks with whole grains and protein are superior, but kids often skip fruits and vegetables. As you get older, you might snack on fast food and supersize your servings.



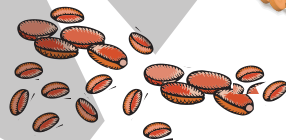
- 7 To avoid problems later in life, you should snack wisely right now. One tip is to control your portions. Put your munchies in a snack-size plastic bag so you will be sure not to eat too much. Here are some helpful ideas for mini-meals.

Snacking Rainbow



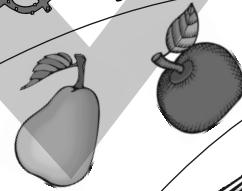
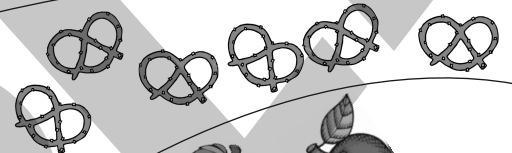
Grains

Trail mix, air-popped popcorn, whole-grain pretzels, whole-wheat pita slices, low-fat granola or cereal bars, bagels with tomato sauce and melted cheese, whole-grain crackers or English muffin with peanut butter, low-sugar, whole-grain breakfast cereal, dry or with low-fat milk, vanilla wafers, gingersnaps, graham crackers, animal crackers or fig bars



Fruits and Vegetables

Fruit bars, nuts and raisins, fresh or dried fruit, unsweetened applesauce, fruit slices in low-fat yogurt as dip, veggie sticks with low-fat ranch dip



Dairy

Frozen fruit yogurt, low-fat string cheese, yogurt with fresh fruit, fruit smoothies with low-fat milk or yogurt

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Easy Snack Mix

- Ziplock bag
- Whole-grain cereal
- Nuts such as almonds, cashews, peanuts
- Dried fruit such as cherries, raisins, cranberries

Combine $\frac{1}{4}$ cup each of nuts and dried fruit and $\frac{1}{2}$ cup of whole-grain cereal in a large ziplock bag. Seal and shake gently to mix.



For overall health, remember to:

1. Snack wisely.
2. Eat a variety of foods.
3. Watch your food portions.
4. Increase your physical activity.
5. Drink water or other healthful fluids.
6. Eat three meals—breakfast, lunch, and dinner.

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Headlines

If this passage were a news story, it might have this headline:

Healthful Snacking Fuels Growth and Fun

On the line below, write a headline of your own about the passage.

Connections

What factors influence your eating habits? time? money? friends? your parents? Explain your eating habits and what affects them.

Which foods in the “Snacking Rainbow” do you enjoy? Which foods do you dislike? Why?

Extension

Go to a grocery store and shop for snacks with an imaginary \$20 bill. First, buy all healthy snacks. Then, buy unhealthy snacks. Report to your class the next day about what items you bought, how much you were able to buy, and which type of food seems like a better bargain.

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4.3a (Context Clues)

1. What does overeating mean?
 - A Eating slowly
 - B Eating too much
 - C Eating healthfully
 - D Eating a bad mixture

4.3a (Context Clues)

2. What does the word typically mean in the sentence below?

School-age kids typically eat three meals a day and should have a light snack between each meal.

- A Never
- B Seldom
- C Sometimes
- D Usually

4.5c (Author's Purpose/Nonfiction)

3. What is the main purpose of “To snack, or not to snack...”?
 - A To provide a list of snacks children can eat
 - B To show that many grains make healthful snacks
 - C To give instructions for making an easy snack mix
 - D To explain how snacking can be good for growing children

4.5a (Text Formats/Nonfiction)

4. Why is the chart “Growth Increases” included with the passage?
 - A To contrast the bone growth of boys and girls
 - B To compare growth spurts in teenage boys and girls
 - C To show that most boys gain weight while they are growing
 - D To persuade boys and girls to get extra energy during their growing years

4.5i (Identify New Information)

5. What is the main idea of the passage?
- A You should exercise regularly.
 - B You should eat three meals each day.
 - C You should keep your food portions small.
 - D You should choose your snacks thoughtfully.

4.5i (Identify New Information)

6. What kind of snack is *best*?
- A A snack eaten after school
 - B A snack of sliced fruit served with dip
 - C A snack with low amounts of sugar, salt, and fat
 - D A snack made with nuts such as almonds, cashews, and peanuts

4.5i (Identify New Information)

7. Which is another good title for this passage?
- A Smart Snacking for Kids
 - B Boys Outgrow Girls in Height
 - C Bad Snacks Lead to Poor Health
 - D Why Drinking Water is Important

4.5a (Text Formats/Nonfiction)

8. How long would it take to make a healthy snack, based on the ideas in the “Snacking Rainbow”?
- A One minute
 - B About one hour
 - C Several hours or more
 - D Around 15 minutes or less

4.5i (Identify New Information)

9. Based on the directions, which is the *last* step in making Easy Snack Mix?
- A Seal the plastic bag.
 - B Combine the ingredients.
 - C Shake the ingredients to mix them.
 - D Measure the ingredients using a measuring cup.

4.5e (Conclusions/Nonfiction)

10. For overall health, the author recommends that readers—
- A cut out snacks
 - B avoid overeating
 - C eat packaged foods
 - D stick to two meals daily