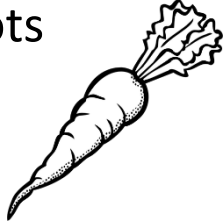

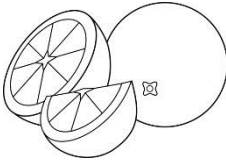

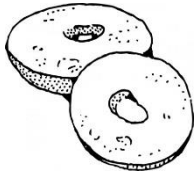
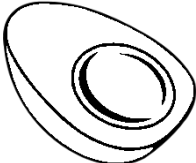


## Benefits of Healthy Snacks - Matching

Foods	Food Group	Benefits
<p>Carrots</p> 	<p>A) Dairy &amp; Alternatives</p>	<p>1. Has lots of protein for energy.</p>
<p>Yogurt</p> 	<p>B) Grains</p>	<p>2. Packed with protein, fibre and lots of healthy fats for brain health!</p>
<p>Oranges</p> 	<p>C) Meats &amp; Alternatives</p>	<p>3. Has lots of Vitamin C to keep your body healthy.</p>
<p>Nuts and Seeds</p> 	<p>D) Meats &amp; Alternatives</p>	<p>4. Has Vitamin A for healthy skin, hair and teeth.</p>
<p>Whole Wheat Bagel</p> 	<p>E) Fruits &amp; Vegetables</p>	<p>5. Is packed full of vitamins, minerals and fibre for healthy digestion!</p>
<p>Hard Boiled Egg</p> 	<p>F) Fruits and Vegetables</p>	<p>6. Has calcium to help keep your bones and teeth strong.</p>

**Benefits of Healthy Snacks(Answer Key)**

**Carrots- E(or F) - 4**

**Yogurt- A - 6**

**Oranges- F(or E) - 3**

**Nuts and Seeds- C(or D)- 2**

**Whole Wheat Bagel- B - 5**

**Hard Boiled Egg – D(or C) - 1**