



Jr. Chef Club
 Super Snacks
 Lesson 6

Name: _____

SNACK ATTACK

For each type of snack on the left, think of snacks you could eat when your next Snack Attack hits. Choose and write healthy snacks you can eat everyday in the "Anytime" column. Write "Sometimes" snacks in the middle column. Put "Once-in a While" snacks that have a lot of sugar or fat in the third column—eat them less than once a week.

Type of Snack	Anytime	Sometimes	Once-in-a-While
Crisp	_____	_____	_____
Chewy	_____	_____	_____
Juicy	_____	_____	_____
Sweet	_____	_____	_____
Salty	_____	_____	_____
Cold	_____	_____	_____