

THE ACE SHOW



Name: _____

Grade/Class: _____

EPISODE 6: SNACK SMART

Hey, kids! Who's hungry for a snack? Today we talked about mindful snacking, and **SUPER SNACK COMBOS** that give us energy to learn and play – they also fill us up until mealtime! Let's see what else you learned today!

What is one way Ace mentioned to practice mindful eating?

Hint: Keep healthy snacks where you can see them.

Is there a COOL COMBINATION you enjoy as a healthy snack?

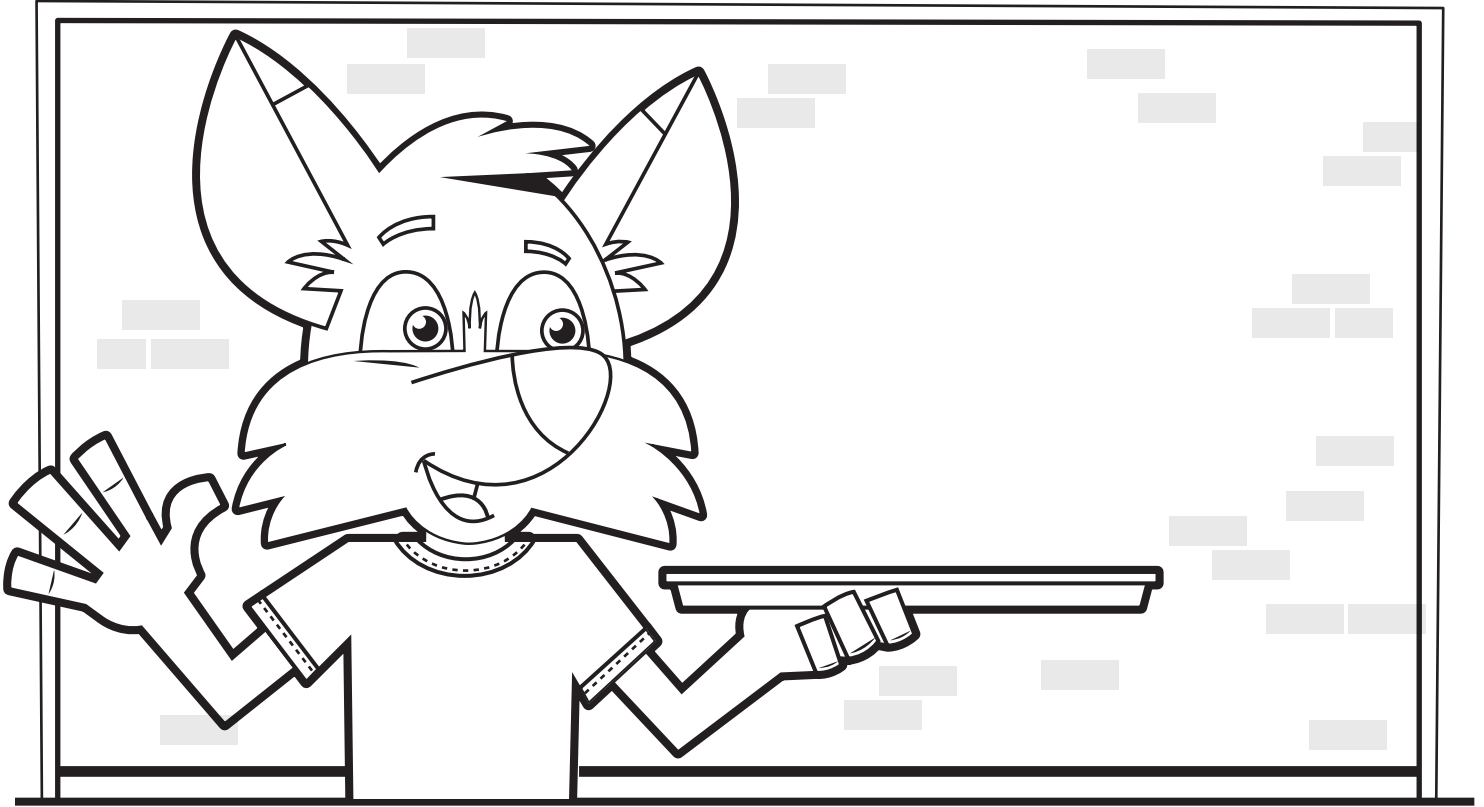
Example: Ace LOVES a slice of whole grain toast with almond butter!

Name a food you like that's high in protein, and one that's high in fiber.

Example: Yogurt contains protein, and apples are high in fiber.

SNACK ATTACK!

Ace is hungry for a healthy snack! Help him by drawing and coloring a **SUPER SNACK COMBO** he can eat!



How many words can you make from the letters in the word

MINDFUL?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

DID YOU KNOW?

- **Pineapples** got their name when early explorers first saw them and thought they looked like pine cones!
- Though we usually see the white variety of **cauliflower**, they also come in purple, green and orange!
- Have you eaten **chickpeas**, garbanzo beans, sanagali or chana? They're all the same bean!



SNACK SMART!

Carrot sticks and hummus, yogurt and banana, almonds and grapes – they're all healthy and delicious!