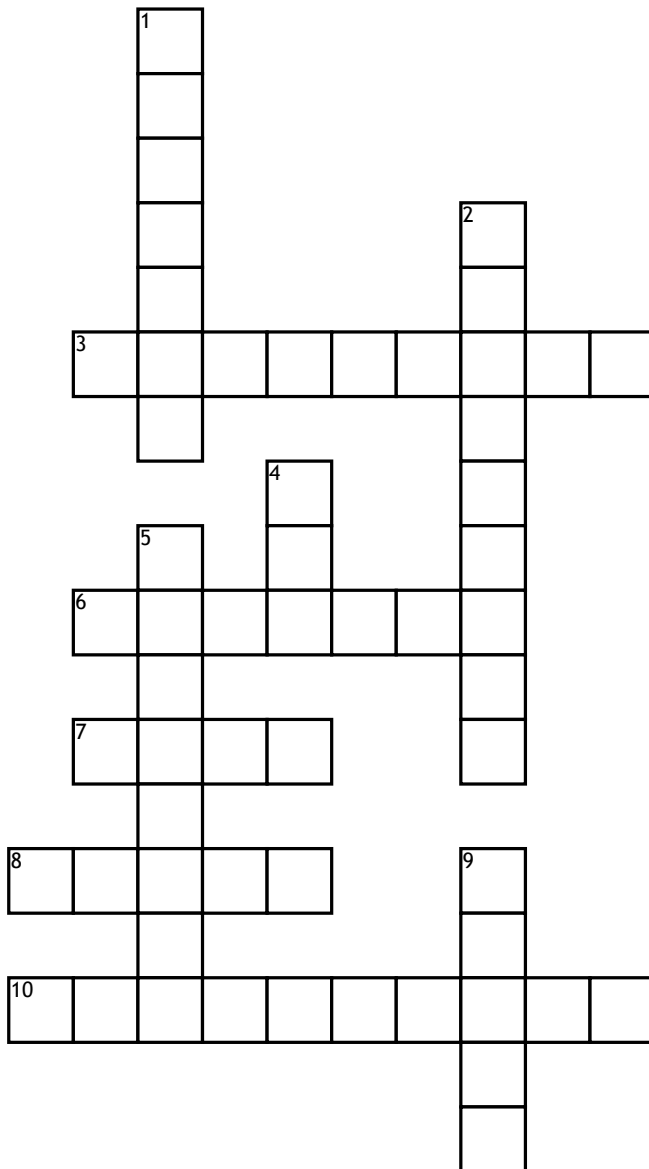


Name: _____

Date: _____

Snacks



Across

3. If you are tempted to eat a large amount, you are at risk of gaining _____ weight
6. _____ size is important
7. Need to _____ nutrition labels
8. A _____ is a small amount of food eaten between meals.
10. One way to control snack portions is to _____ snack foods into small bags or containers.

Down

1. Many snacks are easy to make, some require no _____.
2. Those type of snacks only provide calories with few _____.
4. Popular food snacks contain large amount of sugar, _____, and salt
5. Make _____ snacks
9. Keep the _____ “small” in terms of calories.