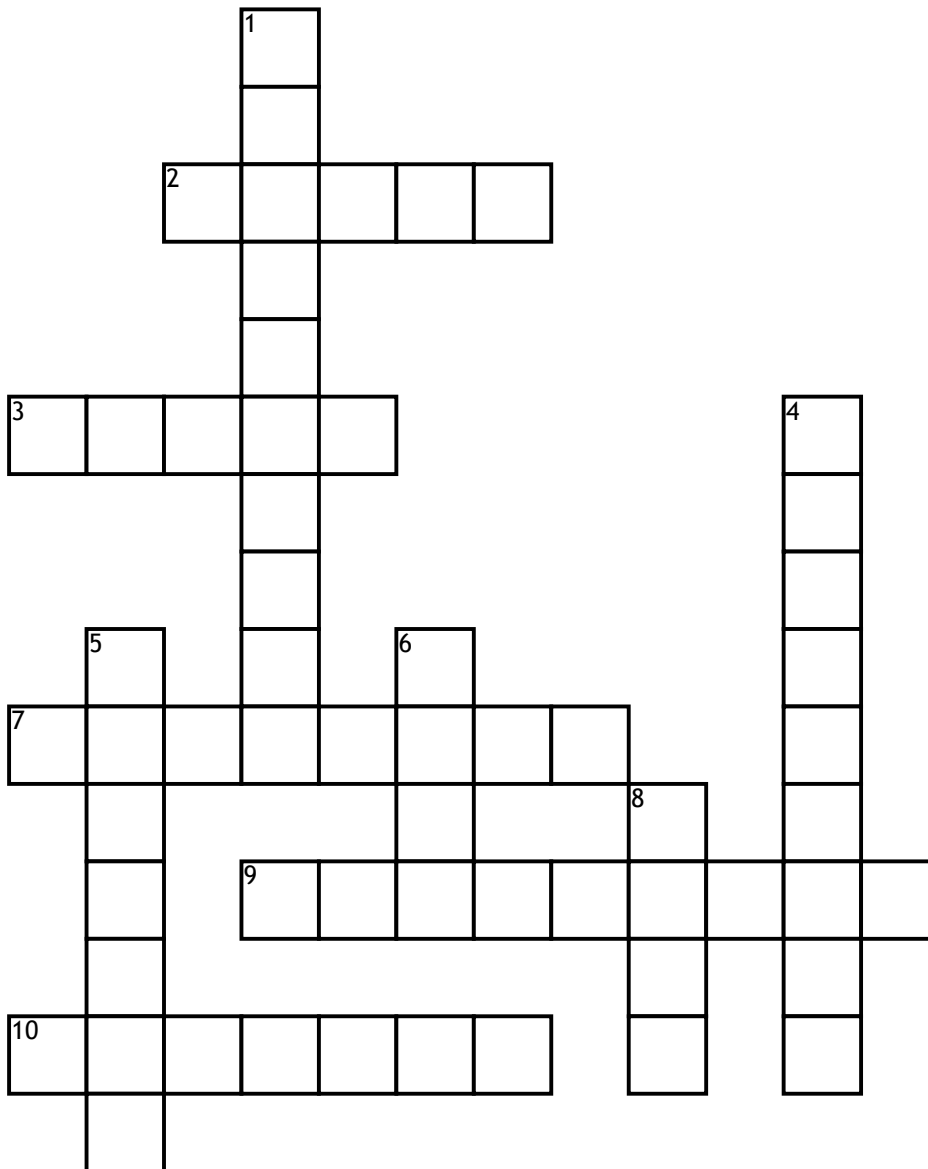


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Snacks



## Across

2. Keep the \_\_\_\_\_ “small” in terms of calories.
3. A \_\_\_\_\_ is a small amount of food eaten between meals.
7. Make \_\_\_\_\_ snacks
9. Those type of snacks only provide calories with few \_\_\_\_\_.
10. Many snacks are easy to make, some require no \_\_\_\_\_.

## Down

1. One way to control snack portions is to \_\_\_\_\_ snack foods into small bags or containers.
4. If you are tempted to eat a large amount, you are at risk of gaining \_\_\_\_\_ weight
5. \_\_\_\_\_ size is important
6. Popular food snacks contain large amount of sugar, fat , and \_\_\_\_\_.
8. Need to \_\_\_\_\_ nutrition labels