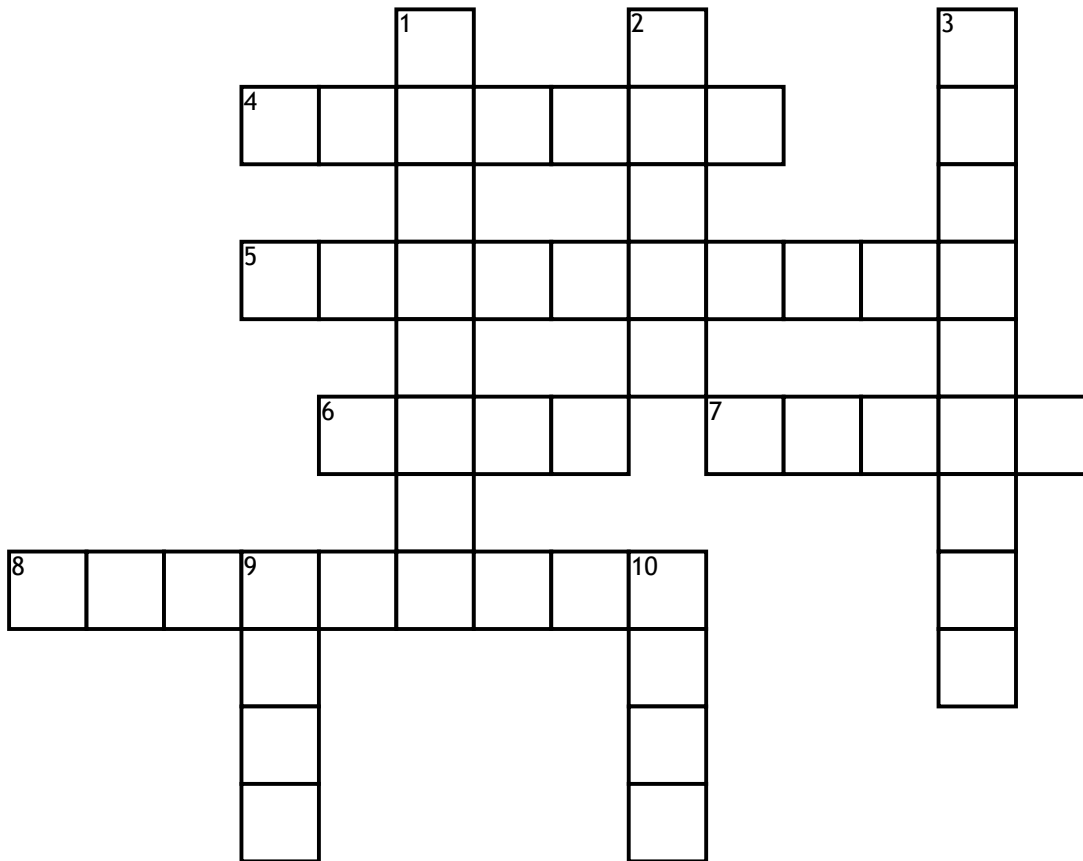


Name: _____

Date: _____

Snacks



Across

4. Many snacks are easy to make, some require no _____.
5. One way to control snack portions is to _____ snack foods into small bags or containers.
6. Popular food snacks contain large amount of sugar, fat, and _____.
7. Keep the _____ “small” in terms of calories.

8. Those type of snacks only provide calories with few _____.

Down

1. Make _____ snacks
2. A _____ is a small amount of food eaten between meals
3. If you are tempted to eat a large amount, you are at risk of gaining _____ weight.
9. Need to _____ nutrition labels
10. Portion _____ is important