

Power Foods



Fruits & Veggies

Name: _____

JOURNAL PAGE

TITLE: FOOD SMARTS

I THINK I SHOULD BE THINKING MORE ABOUT GOOD NUTRITION
BECAUSE:

I THINK MY FAMILY'S EATING HABITS ARE MOSTLY HEALTHY/
UNHEALTHY (CIRCLE ONE) BECAUSE

SOME WAYS THAT I COULD IMPROVE MY EATING HABITS
INCLUDE:

SOME FOODS I EAT THAT I THINK ARE BAD FOR ME ARE:

SOME FOODS I EAT THAT I THINK ARE GOOD FOR ME ARE:

APPLES

“An Apple a day...”

There are so many different kinds of apples that it's no wonder we're one of the most popular fruits in the world! I grow on a lovely tree with spreading branches - great for climbing. In spring, the trees are covered with pretty white blossom from which apples grow once the flowers have been pollinated by insects. We continue to grow right through the summer and mature in autumn and early winter when we're ready to be picked for you to eat.

Just like you we come in all shapes, sizes and color of skin, which can range from green, yellow, orange-red to dark red. When you bite into us you'll find differences between varieties too.

Did You Know?

- Apples float when dropped into water because they consist of 25% air.
- The longest continuous apple peel took 11 hours and 30 minutes to remove and was 52.51 meters long.
- There are more than 7000 varieties of apples grown worldwide.

Why We're Good to Eat

- A dietary fiber called pectin that helps move food through your body efficiently so that you get the best out of it.
- We have a mineral called boron which is important to keep your bones strong and healthy - to help you play sport and for all the apple tree climbing!
- Contain lots of antioxidants - substances that protect your heart against disease and your body against some types of cancers.
- Vitamin C - an apple supplies a quarter of your day's Vitamin C needs!

Fun Ways to Use Apples

- We're great eaten raw and are ideal for school lunch boxes and snacks.
- You can bake, stew or microwave apples, then turn us into pies, tarts, crumbles and fritters.

Choosing Apples

- Select those with a firm, smooth skin that has the characteristic color for our variety.

BANANAS

Go Bananas!

Did you know there's more to us than just our cool crescent shape, smooth, yellow, soft, skin and edible, seedless, creamy-white, sweet flesh? Did you know we come in green and red colors too? Although most of us are about 20cm long and 4-5cm wide, we can be as short as 15cm or as long as 25cm – it just depends on our variety.

Did You Know?

- We've been around for thousands of years.
- We don't actually grow on trees. We're grown on giant herbs related to the Lily and Orchid family.
- Alexander the Great was said to have loved us so much he insisted we hang out with him on his travels through India!

Why We're Good to Eat

- Athletes eat us because we have a mix of different types of carbohydrate to provide sustained energy.
- We're also a good source of dietary fiber and Vitamin C.
- We're a rich source of potassium that helps keep your heart, nervous system and kidneys healthy.
- We're a good source of vitamin B6, a vitamin needed for the nervous system, for healthy skin and to produce energy in the body.

Fun Ways to Use Bananas

- When we're ripe we're great to eat out of hand, making us ideal for school lunches and snacks. Simply peel our skin and eat or add us to your favorite fruit salad.
- Use slightly firmer bananas for baking, grilling, frying, barbecuing or microwaving.
- A good way to use very ripe bananas is to mash us and add us to cakes, pancakes, puddings, muffins, breads, ice creams, smoothies or sandwiches.

Choosing Bananas

- It's best to select a range of us at different stages of ripeness. That way we won't all ripen at once, and make sure you choose those of us with shiny, unblemished skins.

BEANS

Our family has many different types of beans, all of them producing long, narrow pods containing seeds which are more or less kidney-shaped. We grow on rounded bushes (bush beans), which support themselves, or on climbing plants (climbing or pole beans), which need support from trellises or poles.

We Can Be Eaten As:

- Young pods that are soft and crisp.
- Immature seeds which have been removed from the pod.
- Mature seeds which are hard and known as dried beans.

Did You Know?

- The bean is an immature pod.

Why We're Good to Eat

- We are sweetest when young. If you leave us until we're really old, we wither and our more starchy seed can be dried and used as a legume. But we're best eaten fresh, young and green when our carbohydrate is present in the form of sugar.
- We're a good source of fiber, Vitamin C and beta-carotene, which your body turns into Vitamin A (that helps you see in the dark and makes your bones strong and healthy.)
- 100g of us have as much iron as a pork chop.

Fun Ways to Use Beans

- When we're young and firm we're great eaten raw after being 'topped and tailed' by removing the ends and any strings.
- Steam, boil, stir-fry or microwave until cooked but still crisp to maintain nutrients, about 3-5 minutes.
- If serving cold, plunge into iced water after cooking to retain green color. Serve as a vegetable with dips, in salads, casseroles and soups.

Choosing Beans

- Choose those of us with slender, crisp pods that are bright in color and blemish-free. Avoid mature beans with large seeds and swollen pods. Good quality beans will snap readily when broken.

BROCCOLI

I'm one of the world's most powerful agents in the silent war against that arch villain - Cancer. I may be disguised as a tasty vegetable, but behind my appealing flavor lays an army of nutrients ready to protect you against our common foe. I belong to the brassica family and am closely related to the cabbage. As you know I have a distinct appearance - when cut I look like a small, dense tree with greeny-white branches ending in clumps of small, rounded and tightly packed blue-green flower buds.

Did You Know?

- We were once known as Italian asparagus
- The word Broccoli comes from the Italian word "brocco" meaning arm or branch.

Why We're Good to Eat

- We achieved fame when researchers found we contained a compound called sulphoraphane that may function as an anti-cancer agent.
- Just 100g of us have several days' supply of Vitamin C.
- We're also a good source of fiber and provided iron, potassium, Vitamin E, folate and beta-carotene, as well.

Fun Ways to Use Broccoli

- We can be cooked whole or broken into 'flowerets' also called 'florets'. Cut off the end of the stem and peel any tough outer layer remaining. Cut through thick stems to allow more even cooking.
- Steam, boil, pan-fry or microwave tops and stems until just tender but crisp to maintain the bright green color, about 3-6 minutes.
- Serve as a vegetable, in stir-fries, salads, crepes, casseroles, soups, omelettes or with dips

Choosing Broccoli

- To pick the best of us select fresh, bright-green heads that have compact clusters of tightly closed flowerets. Stalks and stem leaves should be tender yet firm.
- Avoid any with yellowing flowerets and thick, woody stems.

CABBAGE

Well, did you know that you probably wouldn't be here today if it wasn't for us cabbages? That's right! A long time ago humans discovered how good we were to eat and learned to preserve us so they could have the benefits of our wonderful nutrients through their famished winter days. We have compact heads and come in many sizes, shapes and colors. Our heads can be firm or loose; flattish, conical or cylindrical; and we range in color from white to green to red.

Did You Know?

- Cabbages are 90% water.
- We're one of the oldest vegetables known to man.

Why We're Good to Eat

- We're a good source of Vitamin C, particularly red cabbage - 100g of most types provide more than a full day's allowance of this vitamin.
- We're also an excellent source of beta-carotene the darker the green color the higher the content of beta-carotene, which the body converts to Vitamin A.
- We're a good source of dietary fiber.

Fun Ways to Use Cabbage

- We can all be eaten raw in salads or cooked, 5-10 minutes depending on the size and quantity. Remove any discolored outer leaves and steam, boil, stir-fry or bake.
- Do not overcook or we go watery and an unpleasant sulphur odor may develop. (Putting a walnut in the water while cooking cabbage is said to minimize that odor.)
- Use us in coleslaw, salads, as a vegetable, in sauces, spring rolls or as an edible 'wrapper' as in cabbage rolls.

Choosing Cabbage

- Select those of us that are solid and heavy for our size.
- Our leaves should be crisp, compact and bright in color. Avoid any with brown spots or yellow leaves.

CARROTS

The King of Vegetables

Why are we the King of Vegetables? Well, we're one of the most widely eaten foods on the planet and everyone likes us especially Bugs Bunny! Just think about it, we're used in lots of dishes you eat and quite a few sweet ones too - we're in soups, casseroles, stir-fries, risottos, pasta dishes, stews, roasts and even cakes! We were probably your very first solid food and usually go into your daily lunch boxes and we make a wonderful juice too.

Did You Know?

- We were one of the earliest vegetables grown by man.
- We're related to parsley. Don't you think that our feathery green tops look somewhat like parsley?
- In the past our leaves were used to decorate the hats of royalty.

Why We're Good to Eat

- We're an excellent source of beta-carotene, which is converted in the body to Vitamin A.
- The deeper the orange color of a carrot, the higher the beta-carotene content.
- Vitamin A helps with night vision - that's why children are told to eat us so they will be able to see in the dark!

Fun Ways to Use Carrots

- We're best washed, removing top and tail and eaten raw, skin and all.
- Carrot sticks are great for school snacks, with dips, in salads, or pureed as a healthy fresh drink.
- Stir-fry, boil, steam, microwave, about 4-8 minutes, depending on the size and quantity.
- Serve as a vegetable, in casseroles, soups, cakes, biscuits, scones or sauces.
- Baby carrots are best left whole, cooked 3-5 minutes.

Choosing Carrots

- To pick the best of us select bright-colored, firm, well-shaped roots. When our tops are still attached, look for fresh, green leaves. Avoid any of us that are dry, wilted, shriveled, soft or split.

CORN

Popcorn, Cornflakes, Corn on the Cob... Oh My!

Corn, also called maize, is one of the world's major cereal crops and used as flour to make bread, to produce breakfast cereal, to make popcorn and, of course, sweet corn is grown and sold as a vegetable. Sweet corn cobs are long (20-25cm) and cylindrical in shape. Our cobs are enclosed in several overlapping, papery-thin, leaf-like, pale green-brown husks. Inside the husks are parallel rows of golden-yellow, small bead-like seeds with soft cotton-like threads (or silks) running from the seeds to the top of the cob. Our kernels have soft skins and are sweet and milky inside.

Did You Know?

- We're dependent on man's cultivation for our existence!
- In many parts of the world the term 'corn' refers to the cereal 'maize', which is ground from the dried kernels of some of our varieties.
- Corn is also used for cornmeal in polenta, for corn syrup (used in the USA in place of sugar from sugar cane), corn flour and corn oil.
- Sweet corn has been bred to have higher levels of natural sugars - one of the reasons we're so popular.

Why We're Good to Eat

- We're an excellent source of dietary fiber, Vitamin C, beta-carotene and niacin (one of the B group vitamins).
- Baby corn kernels are an excellent source of folate.
- We're an excellent source of potassium and are low in sodium.

Fun Ways to Use Corn

- Corn on the cob is delicious served piping hot as a vegetable or just as a snack. Husks are often left on during cooking but silks are removed.
- Boil, bake, microwave or barbecue over slow burning coals. If not serving immediately leave cooked cobs in cooking water.
- Corn kernels can be cut off the cobs, cooked and served as a vegetable or added to salads, casseroles, crepes, fritters, or pancakes.

Choosing Corn

- Select those of us with fresh, green husks. Our kernels should be bright, plump and show no signs of wrinkling.

CUCUMBERS

“Cool as a Cucumber...”

We're related to the melons, pumpkins and squash but we have our individual style. We're not round and flat like they are - we're usually torpedo-shaped with green to dark green or white skin surrounding a whitish edible pulp containing seeds. Some of us have small rounded ridges; some have smooth skin with scattered small bumps or prickles; some of us are very prickly indeed! The older we get the bitterer our seeds become.

Did You Know?

- We're 96% water and botanically classed as fruit.
- We age faster when stored for any length of time with tomatoes, melons or apples, and at temperatures over 50 degrees.
- Our flavor is in our seeds. Medium sized cucumbers with soft small seeds have better flavor.
- We're one of the oldest vegetables, cultivated for thousands of years in India and parts of Asia. Some people believed that we were poisonous and they used to scrape our skin with a fork to let the poisons out! Of course, we're not poisonous.

Fun Ways to Use Cucumbers

- We're most refreshing to eat raw, with our skin on unless it's very tough. Cut into sticks we make a great snack or can be added to dips, salads, stuffed or as a cold soup.
- For some recipes cucumbers need to be sprinkled with salt to draw out excess moisture then dried with a paper towel. Steam, boil, bake, stir-fry or microwave and serve cucumbers as a vegetable, in soup, or stuffed.

Choosing Cucumbers

- Select those of us with bright-green skins, with a firm and fresh appearance. Avoid those with soft spots or yellowing color.

GRAPES

Did you know that some grape vine root stocks have been found in China that date back to before the great ice age? That's how long we've been cultivated by mankind and wherever we've grown, we've been harvested to be eaten fresh, dried to sustain people through the long winter months or turned into wine for both social and religious occasions. We grow in bunches, which can be like a pyramid, round or long and thin. Each of us is attached to the main stem of the bunch by our own short stem. Our thin skin encloses a sweet, juicy, jelly-like, almost translucent flesh.

Did You Know?

- We were first cultivated over 8000 years ago.
- Hieroglyphics (pictures and symbols used in early forms of communication) show that the ancient Egyptians were involved in grape and wine production.
- Grape growing is known as viticulture.
- Grapes with black skins are dried to make raisins, whereas sultanas are dried from small seedless green grapes. Americans call all dried grapes 'raisins'.

Why We're Good to Eat

- We contribute some dietary fiber and Vitamin C.
- We also contain adequate amounts of potassium and Vitamin A and we're low in sodium.

Fun Ways to Use Grapes

- Remove stems and cut in half to remove seeds if not the seedless variety.
- Add raw grapes to fruit salads, cheese platters, salads, crepes, cakes, tarts, sorbets or set in jelly.
- Bake, sauté, microwave or simply heat in sauces. Great served with meat and mixed with vegetables.

Choosing Grapes

- Select those of us that are plump well colored and firmly attached to our stems.
- Avoid soft or wrinkled fruit and those browning around the stem.

LETTUCE

One of the world's most popular salad vegetables, we come in many shapes, sizes and colors. You know, we've been enjoyed for thousands of years. It's recorded that the kings of Persia were partial to us as long ago as 550 BC!

Did You Know?

- Iceberg lettuce got its name from the way it was shipped in the old train carriages that used to transport it to the markets. Since there was no refrigeration, ice was piled on the cartons of lettuce to keep it cold. When the train carriages were opened to unload the lettuce, they looked as if they were filled with 'icebergs'.
- We're a member of the sunflower family.
- The darker the lettuce leaf the more nutritious it is.

Why We're Good to Eat

- Some of us have a higher percentage of natural sugars while others are more bitter. The more bitter ones have higher levels of antioxidants.
- We're about 95% water.
- Darker varieties provide beta-carotene.
- All of us are good sources of folate (one of the B vitamins) and have a small amount of fiber.

Fun Ways to Use Lettuce

- No matter which lettuce you choose we are all great to eat. Cut out the core or stem if using with whole lettuce or just pull off as many leaves as you need.
- Use in sandwiches, salads, soups, with vegetables, as a garnish or simply use as an edible wrapper. We can be steamed, sautéed or microwaved until just tender.

Choosing Lettuce

- Select those of us that have bright, crisp, tender leaves, free of brown spots, yellow leaves and decay. Iceberg lettuces should be firm and heavy for their size.

ONIONS

It upsets us when people cry around us because we just want you all to be as happy as we are! I'm sure, when you get to know us, you'll realize we're nothing to cry over. We're formed as a bulb from the base of our leaves. Inside our bulb our leaves are tightly pushed against each other and protected by tough outer leaves. We come in various shapes and colors, the most common being round to oval-shaped and slightly smaller than a tennis ball.

Did You Know?

- We were thought to be powerful medicine during the American Civil War in the 1860's. General Ulysses S. Grant would not move his army without a good supply of us. He thought we could cure many different sicknesses.
- We're related to Easter lilies, garlic, leeks, shallots, chives and asparagus.
- It's our acid that makes you cry when you peel us – to stop your eyes from watering when peeling, put us in a freezer for 10 minutes.
- Brown onions have a stronger flavor than white onions.

Why We're Good to Eat

- We contain some complex sugars that are not digested in the small intestine but pass through to the large intestine where bacteria digest them.
- We have small quantities of many vitamins and minerals and contribute some dietary fiber.
- Spring onions are an excellent source of Vitamin C and their green tops contain beta-carotene (Vitamin A).

Fun Ways to Use Onions

- We can be eaten fresh or dried, raw or cooked, as a vegetable, as an ingredient in other dishes or as a seasoning. The white onion is considered the mildest flavor, the red onion the sweetest.
- Trim our root end and remove the dry papery outer skin before using us raw in salads, cold soups, sandwiches or as a garnish. We can be baked whole or steamed, with or without skin, boiled, barbecued or microwaved until tender, about 15-20 minutes, and served as a vegetable.

Choosing Onions

- Select those of us that are firm, well shaped with small necks and dry, papery skin.
- Avoid spongy or sprouting onions with uneven or patchy skin coloring.

POTATOES

More than French Fries and Chips!

There's so much more to us than the French fry – in fact, that's the worst part of our reputation! We're a close relative to tomatoes, you know, and eggplants too. Our tubers are like washed river stones, rather smooth and rounded, varying in size and shape from round or oval to long and thin. We're covered in a fine, thin skin that encloses our soft, moist flesh. Our skin color varies from creamy-to-white, yellow, red to even purple.

Did You Know?

- Keeping us in the dark avoids 'greening', which may make us poisonous.
- We became fashionable when Marie Antoinette paraded through the French countryside wearing potato blossoms in her hair.
- We're a member of the nightshade family, Solanaceae. The nightshade family has many members who are poisonous but we're not!
- We're also called spuds and tuber.

Why We're Good to Eat

- Contrary to popular belief *we're not at all fattening*. It's only when we're made into chips, fries or crisps, or served with sour cream, butter or margarine that we become fattening.
- We're an excellent source of Vitamin C.
- We also provide some niacin, potassium and dietary fiber.
- We're a good source of carbohydrate (starch), which gives you energy for physical activity, as it's broken down quickly to glucose.

Fun Ways to Use Potatoes

- We're a very popular and versatile vegetable and can be baked, boiled, fried, barbecued, microwaved or roasted.
- Scrub us with a brush and cook with the skin on, but remove any green sections. If skins have to be removed, peel thinly with a vegetable peeler and cook as soon as peeled.
- Homemade, healthy French fries can be made by peeling and slicing us, brushing with butter and baked in the oven!

Choosing Potatoes

- Select those of us that have firm, dry skin.

PUMPKINS

Not Just for Halloween!!!

You know we carried Cinderella to the Ball and have been turned into Jack O'Lanterns for Halloween. We're closely related to cucumbers, squashes and melons, but we're normally hard-shelled whereas the squashes have softer skin. We come in many different shapes and sizes. Our skin is often smooth, glossy, with distinct, rounded ribs or segments. However, some of us are not ribbed; some have a warty or rough skin; some are round or oblong; some are as small as a tennis ball, whilst others are as big or bigger than a soccer ball.

Did You Know?

- The name 'pumpkin' appears to come from the Greek word 'pepon' meaning 'large melon'.
- In some parts of the world we're fed to animals!
- In some countries we're called 'squash'.

Why We're Good to Eat

- We're an excellent source of beta-carotene and the deeper our flesh color, the higher the level of this pro-vitamin (it's converted to Vitamin A in the body).
- We're also a good source of Vitamin C and fiber.

Fun Ways to Use Potatoes

- Our flesh is quite sweet, making us suitable for both sweet and tasty dishes. Leaving the skin on or off depends on how we are to be cooked.
- Remove our seeds and cut us into pieces or stuff and bake whole, especially the smaller varieties like the Golden Nugget.
- You can boil, sauté, steam, deep-fry or microwave us.
- Serve as a vegetable, add us to soups, pies or casseroles. Our shells can be used as a unique serving dish, especially for soup and rice dishes!

Choosing Potatoes

- Select those of us with hard, thick skin that feel heavy for our size. It cut, look for a bright yellow-orange flesh which has a sweet, nutty aroma.

RHUBARB

What is it, anyway?

You may not have seen us growing so we'll describe ourselves for you. Our stalks are long and thin, a bit like celery with smooth, round ridges running parallel along the stalk, which have a red to crimson skin and green to purplish flesh. Each stalk ends in a broad, sliver beet-like leaf with a prominent mid rib. We look a little like red colored celery with larger droopy leaves.

Did You Know?

- We're botanically a vegetable but we're eaten like fruit.
- We're related to sorrel - a herb with a bitter lemon taste that is used in cooking.

Why We're Good to Eat

- We contain almost no natural sugar and have some astringent components. We must be cooked and, even then, we can taste bitter unless sugar is added.
- Part of our astringency comes from our oxalic acid, which may make your teeth feel "furry" after eating us. This acid forms a complex with calcium, making it unavailable to the body. However, it does not 'tie up' calcium from other foods.
- We're a good source of fiber and we supply some Vitamin C.

Fun Ways to Use Rhubarb

- You can eat our bright red stalks but not our green leaves, which contain an acid that should not be eaten. Simply cut off our leaves and any white root area, then cut stalk crosswise to 25-50mm lengths. There is no need to peel.
- We're usually sold by the bunch that is about 20 stalks, or 4 cups when chopped. Poach, stew, microwave or bake.
- Try us in sorbets, sauces, salads, cakes, breads, fruit salads, pies and, of course, rhubarb crumble.

Choosing Rhubarb

- Select crisp, young, plump stalks that are long and brightly colored.

STRAWBERRIES

Everyone loves a juicy, red strawberry! We're 2-5cm long, soft, red, plump and heart-shaped. We consist of a cluster of small fruits around the fruit stem, each single fruit having a seed surrounded by red flesh. Our green stem and green star-like calyx are left on when we're harvested. We're hand picked because we all ripen at different times and are delicate and easily bruised.

Did You Know?

- On average, there are 200 seeds on each of us.
- We're not really a berry but a member of the rose family and the real fruits are actually the tiny yellow seeds on our outsides.
- We grow wild all over Europe and have been cultivated for the last 700 years.

Why We're Good to Eat

- We're an excellent source of Vitamin C.
- The small seeds embedded in our skin provide a good source of dietary fiber.
- We also supply some folate, one of the B complex vitamins.

Fun Ways to Use Strawberries

- Wash and hull us by removing our green stem on top, but only when ready to use us.
- Normally eaten raw we can be added to fruit salads, fruit punch, cheese and fruit platters, sorbets, ice creams, tarts, cakes, sauces, crepes, waffles or served over breakfast cereal.
- Cooked, we can be added to stewed fruits or made into jam.

Choosing Strawberries

- Select those of us that are plump, bright and even-colored.
- Flavor varies with variety and ripeness.

TOMATOES

Fruit or Vegetable?

Yes, we're a fruit all right but everyone thinks we're a vegetable because we're used in flavorful dishes, but botanically we're your typical fruit. We're related to eggplants, chillies and the potato, but we're not at all like these other foods. We have glossy, thin, smooth skin, with a juicy flesh containing numerous soft, edible seeds. Our colors range from red to yellow-skinned with pink to yellow flesh.

Did You Know?

- We gain weight as we ripen - even after being picked.
- We are one of the most popular 'vegetables' in Australia. (Potatoes are number one.)
- In the Victorian era, anyone seen eating one of us in public was branded a 'wolf' and bared from attending choir practice.

Why We're Good to Eat

- Originally avoided as poisonous, we're a highly nutritious fruit. We're the richest source of lycopene, a carotenoid that seems to reduce the risk of certain cancers. The riper (redder) the tomato, the higher the level of lycopene.
- We have a sweet flavor and contain about 3% sugar, half from the fructose and half from glucose.
- We're a good source of Vitamin C. Cherry tomatoes have a higher level of Vitamin C. We supply some Vitamin E, folate and dietary fiber.

Fun Ways to Use Tomatoes

- Eat us raw after washing and removing the stem end. There is no need to peel us unless stated in the recipe, but if required simply dip us in boiling water for 1-2 minutes until our skin splits, or peel us with a small sharp knife from stem end down.
- Use us raw in salads, juice, and sandwiches. Bake, stew, pan-fry, barbecue, microwave, stuff, puree and serve as a vegetable, in sauces, soups, pizza, omelettes, casseroles, with meat, chicken and fish and even in cakes.

Choosing Tomatoes

- Select those of us that are bright red for immediate use, and pale pink for future use.

**Here are 20 words that relate to Food Smarts
Can you find them all?**

M K S I T H C F E R Z L S M I V R
N B P E T G B D I M A R Y P R Y E
A L R G Y R T N U V I T A M I N S
B S O K O D N I K M L S A P Z G E
L V T E G Y D R O E T I O K R U R
E I E M T O R T F A V R L M T S V
S T I L S M S N G E S Z U H H G I
R M N U T R I E N T I E V G N I N
E O T I N T T N J Y G R N R O T G
B S U Z E I G D L W T G O R T Y G
I R J O I N H Y Y Z O E L L O S S
F B A C D B E H A C U V I L A W K
O U R O E T A R D Y H O B R A C M
M I N E R A L S T O M R B V A W X
L T S L G E T A F R U T M N I V G
O R E A N M H K I T M S S A M S T
E I M Y I N Y G R E N E R G G A B
E C F M Z U T R I L X W Y N E L P
Y H T N J S E L B A T E G E V O R

**Calorie
Carbohydrate
Energy
Fat
Fiber
Fruit
Healthy**

**Ingredients
Minerals
Nutrient
Pasta
Protein
Pyramid
Serving**

**Sodium
Snack
Variety
Vegetables
Vitamins
Yogurt**

The Vending Machine and School Snacks

Just because they're cheap doesn't mean that the snacks that you find in the vending machines are a healthy snack option. Even though everyone needs a treat every once in awhile, it's better to choose "smart" snacks when you can!

Worst Vending Machine Options:

- ☹️ POP!!! If you have to have it, try to limit it to **1 a day**
- ☹️ Chips Ahoy!, Oreo and other fatty cookies
- ☹️ Cheez Kurls, Doritos and other chips
- ☹️ Chocolate or whole milk
- ☹️ Hostess HOHOs and other snack cakes
- ☹️ Kit Kats, Snickers and other candy bars
- ☹️ Sugary candies

Are there better options for snacks at school? Of course, but you may have to try a little harder! It will be tough if your friends are having candy bars while you eat a granola bar, but they'll be the one with the cavities!

Better Vending Machine Options:

- 😊 Orange and apple juice (100%)
- 😊 Bottled water
- 😊 Chex Mix, Pretzels or Baked Chips
- 😊 Dole or Del Monte fruit cups, applesauce
- 😊 Low-fat or fat-free milk
- 😊 Nature Valley Crunchy Granola Bars, Quaker Granola Bars
- 😊 Fresh fruit, raisins and dried fruit