Snack Talk

**Objective of Activity**
To have students learn about healthy snacks.

**Teacher Background Information**
- Canada’s Food Guide

**Material Required**
- Paper, scissors, flyers and magazines, or internet-available clip art.

**Instructions**
1. Feature a discussion about healthy snacks.
2. Ask students to draw a picture of a healthy snack, or cut a picture out of a magazine or grocery store flyer. Students can then talk about their snack.
3. The snack pictures could then be used to make a book full of snack ideas!