



Unit 7

Take time for snacks

Rhymes

Rhyme 1: “Snacks come in so many colors and shapes, for my snack today I’ll try some round, green (grapes).” What food group is that from? [Fruit]

Rhyme 2: “At the zoo I met a monkey named Anna, and for her snack she always chooses a (banana).” What food group is that from? [Fruit]

Rhyme 3: “A bag of chips are made from potatoes, but I want a healthier snack like some tasty, red (tomatoes).” What food group is that from? [Vegetable]

Rhyme 4: “Today I’ll pass on the pizzeria, instead I’ll snack on vegetables wrapped in a (tortilla).” What food group is that from? [Breads and Cereals]

Rhyme 5: “For this snack I don’t need a knife that cuts because today I am having a handful of (nuts).” What food group is that from? [Meats, Beans and nuts]

Rhyme 7: “Before I take a nap in my bed with sheets of silk, I want to have a snack like a tall glass of (milk).” What food group is that from? [Milk and Milk products]

Rhyme 8: “For this healthy snack you’ll want more than a squirt, so I’ll add some fruit to my carton of (yogurt).” What food group is that from? [Milk and Milk products]

Rhyme 9: “To show that we know how to be healthy snackers, my friend and I will add some cheese to whole grain (crackers).” What food group is that from? [Breads and Cereals]