

Healthy Snacks

Questions

1. What is a snack?

---

---

---

2. Identify the main topic of the passage.

---

---

---

3. What is the best reason for not eating “extra” foods for snacks?

---

---

---

4. How does the information in the box help you choose healthy snacks?

---

---

---

5. What does the author want you to know about snacks?

---

---

---