

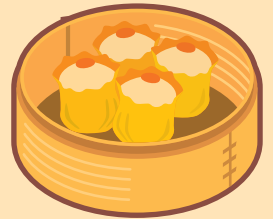
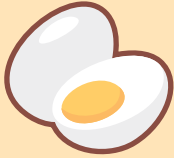
# Healthy Snacks

For Primary 4 - 6 Students



Eat a small amount of healthy snacks only \_\_\_\_\_ between main meals.

Can you categorise the snacks in the pictures?  
Please draw lines to match them and give one example in each category  
(you may give examples by text or drawing).



Snacks of Choice

Example:

Snacks to Choose in Moderation

Example:

Snacks to Choose Less

Example:



Learn more about healthy snacks



Choose healthy snacks wisely

