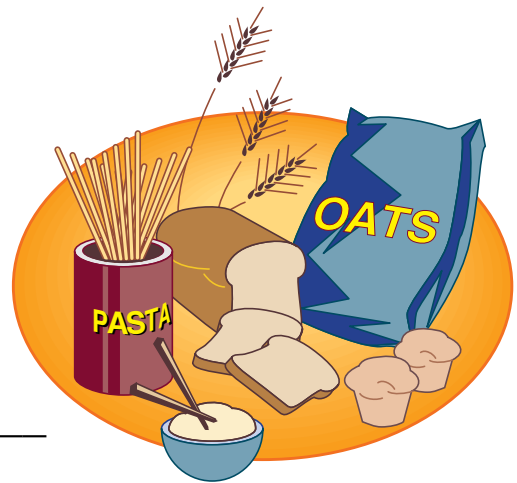
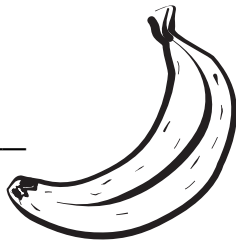
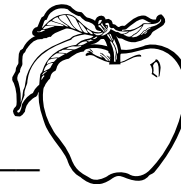
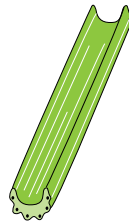


Name: _____

Will Eat Healthy Snacks

Note to Parents and Guardians: Your child is studying healthy nutrition in the World of Wellness (WOW!) Health Education series. I have asked each child to set a goal of eating a healthy snack each day. To help your child practice this important healthy habit, please initial by each healthy snack your child eats during the following week. Have the child draw on the back of this sheet pictures of any snacks not shown. Return this sheet to school by _____ (date).



Whole grains