

"Snactive"

Snack Smart and Be Active

 **Jump into action!** Draw a line from the SNACK to the TIME it takes to JUMP ROPE its calories away. Hint: Foods with more calories take more minutes to JUMP ROPE away! Good luck!

Baked Chips	Popsicle	Large Cookie	Apple
			
8 min	20 min	13 min	53 min

STUDENT NAME _____

GRADE _____

HEALTHY



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 **Climb high!** Draw a line from the SNACK to the TIME it takes to STAIR STEP its calories away. Hint: Foods with more calories take more minutes to STAIR STEP away! Good luck!

Popsicle	Apple	Baked Chips	Large Cookie
			
9 min	22 min	15 min	60 min

STUDENT NAME _____


GRADE _____





HEALTHY



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