

EAT

3 VEGETABLES & 2 FRUITS

GA Performance Standard HE 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behavior.



Fruits and vegetables make for the perfect quick, healthy snack! Be sure to eat 3 vegetables and 2 fruits every day. Track your healthy eating in your Choosing Healthy Habits planner.



Use the Nutrition Facts label to identify the nutritional content of a food item. Make sure you recognize the ingredients listed! Try to eat more whole foods with natural ingredients.



Paying attention to your portion sizes is important in maintaining a healthy eating lifestyle. Be sure to check the serving size on the food label to help you when you are deciding your portion sizes.



Focus on eating healthy, affordable snacks while at home, such as:

- Peanuts
- Sunflower seeds
- Popcorn
- Bananas
- Veggies with hummus
- Ants on a log (*peanut butter and raisins on a celery stick*)

DIGITAL LEARNING ASSIGNMENT

- Find or create a healthy snack you feel your peers would enjoy. Upload your ideas to your teacher's digital learning site.
- Upload your snack ideas to your social media pages to encourage others to stay healthy! Don't forget to tag HealthMPowers!



@HealthMPowers