

# Snack Talk

## Objective of Activity

To have students learn about healthy snacks.

## Teacher Background Information

- Canada's Food Guide  
<https://food-guide.canada.ca/en/>

## Material Required

- Paper, scissors, flyers and magazines, or internet-available clip art.

## Instructions

1. Feature a discussion about healthy snacks.
2. Ask students to draw a picture of a healthy snack, or cut a picture out of a magazine or grocery store flyer. Students can then talk about their snack.
3. The snack pictures could then be used to make a book full of snack ideas!