Munchies!

munchies = snacks; food to eat when it is not time for a meal

It is not time for breakfast, lunch, or dinner, but you are hungry!

What do you do?

You eat a **snack**!

snack = a small amount of food that people eat between meals

In the past 24 hours, have you eaten any snacks? ____ What did you eat? _____ What is your favorite snack? _____

There are 3 main types of snacks: sweet, salty, and fresh (not cooked.) Examples of sweet snacks are cakes and _____. Examples of salty snacks are potato chips and _____. Examples of fresh snacks are carrots and _____. What is your favorite <u>type</u> of snack? _____

Consider (think about) the past week. List all the fresh snacks have eaten: _____ List the sweet and salty snacks:_____ When do you eat the most snacks: in the morning before lunch, in the afternoon before dinner, or in the evening before you go to bed? _____

Junk foods are snacks that fill your stomach, <u>*but do **not** help your body.*</u> They do not give your body the energy it needs to do the things it needs to do, ex. heal cuts, strengthen bones. In fact, junk foods may hurt your body.

If you put as much water as you can in a car's gas tank, is the tank full? ____ Will the car move? ____ Why? _____ This is what happens to your body when you fill it with junk food.

Put these snacks in order. Put the one you think is least healthy at the top. Put the one you think is healthiest at the bottom.

Unhealthy to Healthy

1) _____
2) _____
3) _____
4) _____
5) _____
6) _____

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would you rather = which would you like better

In this video, the healthy choices are always on the left.

For each pair of snacks, tell which one you would rather eat.

Count how many healthy and how many junk choices you make.

I made ____ healthy choices. I made ____unhealthy choices.

Here are some **adjectives** we use to describe snacks.

Translate them into your native language.

sweet _____ salty_____ crunchy_____ crispy_____

fresh_____ greasy_____ sour_____ hard_____ soft_____

chewy_____ crumbly_____ creamy_____ spicy_____

smooth_____ juicy_____ fizzy_____

Invent the perfect snack!

First tell what flavor or flavors the snack would be.

Then use at least 8 of the adjectives you translated to describe the snack.

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