



## SNACK ATTACK GAME

Serving healthy snacks to children provides good nutrition for growth and development, supports lifelong healthy eating habits, and prevents health problems.

### Goal

Children learn the importance of eating healthy snacks by playing the **SNACK ATTACK** game.

### Activity

1. Set the laminated cards provided on a table – pictures facing up, words facing down.
2. Post the game directions for children to read.
3. As children enter the cafeteria, ask them to read the directions and play the Snack Attack Game.
4. Have them guess whether the food pictured on the front of each card is a *WHOA* (once in a while only) or *GO* (any time) food.

### Tips

- Set up the activity near a place of supervision in order to answer kids' questions and help as needed.
- If there are food service members who can help, they can play the game with the children.
- For an extra challenge, ask the children to explain why a snack food is *GO* or *WHOA*
- Have fun!

## SNACK ATTACK GAME DIRECTIONS:

This is a game called Snack Attack!

The purpose of this game is for you to decide if a snack is good or not so good for you.

If it's good for you it means you can eat it any time

- it's a **GO!**

If it's not so good for you then you should only

have it once in a while - it's a **WHOA**.

1. Pair up and have one of you ask and the other answer.
2. Hold up a card (food side up) and ask each other if it is a **GO** or a **WHOA** snack.
3. Make sure the other student can't see the answers on the back.
4. Bonus challenge: see if you can explain why a snack food is **GO** or **WHOA**!



**GO**



**WHOA**



**GO**



WHOA



GO



WHOA



GO



WHOA



GO

WHOA



WHOA



GO



**WHOA**

**Non-fat Yogurt**



**GO**

# Healthy Snacks

## Food Service Activity

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