

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Healthy Snacks

H G T **S U N F L O W E R S E E D S**  
**S** L H **A** X A D **S N I S I A R** P S G  
M T **B** P J Y O L **S E I R R E H C** X  
O L A P **I L O C C O R B** M V V H V  
O Z N L A Y I **B** Z T F R Q **P** R H J  
T Q A E **Y R E L E C** L O **D** E O D L  
H X N **S** X V X U L J Q L R A O **E** **P**  
I R A K S L U E **S** H S W I N L L E  
E S **S** N N G G B T Z W J E U Q P P  
**S** Y Q O R R P E U W D J D T E P P  
**Y O G U R T** T R **N** F R P F B **S** A E  
M E B T Z D **G R A P E S** R U T E R  
G H N Y A S W I Y A Z Z U T O N **S**  
I C V M G A B E R K Z U I T R I M  
W **E G N A R O** **S** A W B W T E R P V  
Q V A J Z **X I M L I A R T** R A C I  
S E G N N O M F P K Y J N X **C** H H

trail mix  
yogurt  
peppers  
pears  
carrots

dried fruit  
peanut butter  
smoothies  
orange  
broccoli

blueberries  
sunflower seeds  
raisins  
grapes  
bananas

cherries  
nuts  
pineapple  
celery  
apples