

# School Health Promotion Morning Announcements

**MARCH: Power Up With a Healthy Snack**



**Quiz:**

*[Start speaking here.]*

1. **It is 3:30 in the afternoon and you are hungry for a snack. Which of the following is the healthiest snack?**
  - A. A blueberry muffin
  - B. Apple slices with peanut butter
  - C. Potato chips and a soda

**Answer:** B. Fresh fruit is a sweet treat that gives you vitamins and other things that are good for you – without lots of calories. And peanut butter is not only yummy, but it has lots of protein, which gives you energy.

2. **True or False: If something says “Low-Fat” in the store, it is always a healthy snack option.**

**Answer:** False. Some foods have lots of sugar or salt even if it is low-fat. Too much sugar and salt can be very unhealthy! Learn how to read food labels with your parents.

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