Plan snacks for one day in the menu table.
- Check to see if your snacks for the day are balanced with something from many food groups.
- These are the snacks you will be making for the Food Show.

### Your Snacks

<table>
<thead>
<tr>
<th>Recommended servings/day</th>
<th>Vegetable</th>
<th>Fruit</th>
<th>Proteins</th>
<th>Dairy</th>
<th>Grains</th>
<th>Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>2 pieces celery</td>
<td>½ c grapes</td>
<td>2 tbs peanut butter</td>
<td>1 string cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Afternoon</td>
<td>½ c raisins</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Example:
- **Morning:**
  - 2 pieces celery
  - ½ c grapes
  - 2 tbs peanut butter
  - 1 string cheese