



Take Home #17 Super Snacks

Instructions: Come up with three new snack recipes. Identify what food groups are included in each snack and rate how you like each one on a scale from 1 to 10, with 10 being the best and 1 being the worst.

Snack #1

Food groups in Snack #1

Rating of Snack #1 – Circle the number below

1 2 3 4 5 6 7 8 9 10



Snack #2

Food groups in Snack #2

Rating of Snack #2 – Circle the number below

1 2 3 4 5 6 7 8 9 10



Snack #3

Food groups in Snack #3

Rating of Snack #3 – Circle the number below

1 2 3 4 5 6 7 8 9 10

