

My Family's Snacks and Drinks

Name: _____ Date: _____

Directions:

1. Write down all the snacks and drinks that you and your children ate and drank in the last 24 hours.
2. Share with a partner.
3. Save this Worksheet to use later.

	Morning	Afternoon	Evening
You			
Your children/ family			

Rosa's Problem



Making A Plan



1. What is Rosa's problem?

2. What is a good solution?

3. What is Rosa's plan?

4. What are some problems she might have with this plan?

5. How will she know if it works?

6. If her plan does not work, what is another solution?

QUIZ

Name: _____

Date: _____

Directions: Look at the picture and answer the questions below.



1. What is the problem here?

2. What is a good solution?

3. What is a good plan?

4. What is a problem this family might have with this plan?

5. How will the woman know if her plan works?

6. If her plan does not work, what is another solution?

Score: _____

Part 1:

1. Look at Worksheet #1 (from class).
2. Circle the snacks that are less healthy.
3. Answer the questions below and talk to a partner.
4. In 1 week, complete Part 2 (on next page).

Questions:

1. Write down some healthier snacks you can plan for your family:

2. What will you do if your family does not like the healthier snacks?

3. My Goal: I will choose _____ healthy snacks for my family and try them over the next week.

Part 2:

Date _____

1. Complete your Report.
2. Answer the questions.
3. Talk to a partner.

My Report:

Date:

Healthy Snacks I tried:

Date:

My family liked it:

1.

1 2 3 4 5
No Some a lot

2.

1 2 3 4 5
No Some a lot

3.

1 2 3 4 5
No Some a lot

Questions:

1. I tried _____ ideas for healthy snacks.
2. The snack idea I will try again is: _____
because _____
3. The snack idea I will not try again is _____
because _____
4. Another new idea for a healthy snack is:

5. What will you do if your family does not like the new snack?

