



Dear me,

This week I learned that snacks help my body to

\_\_\_\_\_.

I now know that \_\_\_\_\_,

\_\_\_\_\_ are better snacks to choose.

I will eat less \_\_\_\_\_,

\_\_\_\_\_ which are not as good for snack choices.

Since I want to do well in school, I am now going to eat more

\_\_\_\_\_, and play more by doing

\_\_\_\_\_.

This week I promise to eat \_\_\_\_\_.

\_\_\_\_\_  
Signed