

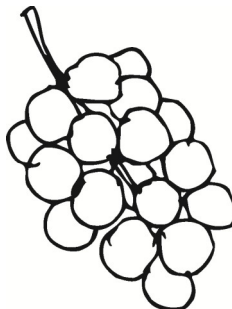
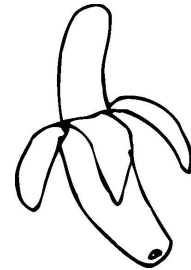
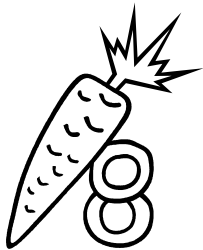
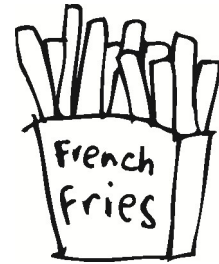
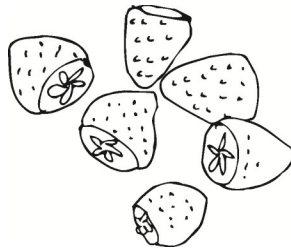
**GO** for the healthy snacks

**SLOW DOWN** with the less healthy snacks

**STOP** when you are full

Color the healthy **GREEN GO** snacks

Put an X on the **YELLOW SLOW DOWN** snacks below.



Public Health

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# Crispy, Crunchy, Soft or Munchy?

## Join the Snack Parade

Our snack friends know  
these snacks help you GO!



How do they  
feel? Are they  
smooth or are  
they bumpy?

Find the snacks  
that go CRUNCH.

Find the snacks  
that you MUNCH.

Find the snacks  
that are CRISPY  
(they leave crumbs).

And find the snacks that  
are SOFT.

One tomato,  
two tomatoes,  
three tomatoes, four...

Look for tomatoes at the grocery store!

Apples & broccoli are crunchy; crackers  
& pretzels are crispy; and yogurt  
& bananas are soft.

Durham County Health Department  
Nutrition Division: 919-560-7791  
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