# Day 98: Healthy Snack Builder

Choose a colourful, balanced snack

## Learn together

A snack can be an opportunity to explore colour, texture and food variety. Invite children to help choose from available family foods and notice which foods are crunchy, soft, juicy or crisp. Avoid labelling foods as good or bad; focus on variety, enjoyment and listening to hunger and fullness cues.

## Activity 1 — Think and write or draw

Build a snack with a fruit or vegetable and another family-approved food.

My ideas / drawing:

## Activity 2 — Try it

■ I tried the activity ■ I asked a question ■ I shared what I noticed

What did I notice or learn?

## Activity 3 — Challenge

Can you explain your idea to a family member, teacher or friend? What would you like to try next?

*Grown-up note: Keep the activity age-appropriate, supervise where needed, and celebrate curiosity and effort.*