



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