RATE THAT SNACK!
(SNACK QUESTIONNAIRE)
Fill in the chart for each snack you eat over three days.

<table>
<thead>
<tr>
<th>Snack</th>
<th>Where You Ate It</th>
<th>Why You Ate It</th>
<th>Nutrients In It</th>
<th>Other Comments</th>
<th>Snacktime Rating ♥</th>
</tr>
</thead>
</table>

♥ Snacktime Ratings: ♥♥♥ contains nutrients; doesn’t contain much fat or sugar
♥♥ contains nutrients; also contains fats and/or sugar
♥ doesn’t contain many nutrients; contains fats and/or sugar

©2012, American Heart Association. Permission granted to reproduce for classroom use.