

Pick a **better** snack™



Dear Family,

Today I ate jicama in my Pick a better snack class!

This is what it looks like _____



The outside is _____ and the inside is _____.

~~green~~ yellow brown white

The jicama tasted _____ in my mouth.

~~sour~~ sweet spicy

The jicama felt _____ in my mouth.

~~crispy~~ soft

I also ate jicama with lime juice and hot pepper. I gave it a _____.



Student _____ Parent _____

Sign and return to receive a prize!

Funded by USDA's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health, Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to iowa.gov/food-assistance for more information.

Pick a better snack™



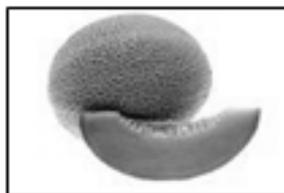
Dear Family,

Today I ate _____ in my Pick a better snack class.

watermelon

cantaloupe

apple



The cantaloupe tasted _____.

salty

sweet

sour

It felt _____ in my mouth.

juicy

smooth

soft

hard

I can color the inside and outside of the cantaloupe.

Student _____

Parent _____



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