

Snacks!



LEVEL C-5 Meal Times | Book 3

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Snacks can help you not
feel sleepy after school.



Level C-5 Book Bundle: Meal Times

Which meal do you like best? Is it breakfast, lunch, or dinner? Or maybe you like to snack all day? Here are some books about meal times. Find fun ways to eat food. Read all four books!

Book 1: Breakfast at Grandma's

Book 2: Lunch Swap

Book 3: Snacks!

Book 4: What's for Dinner?

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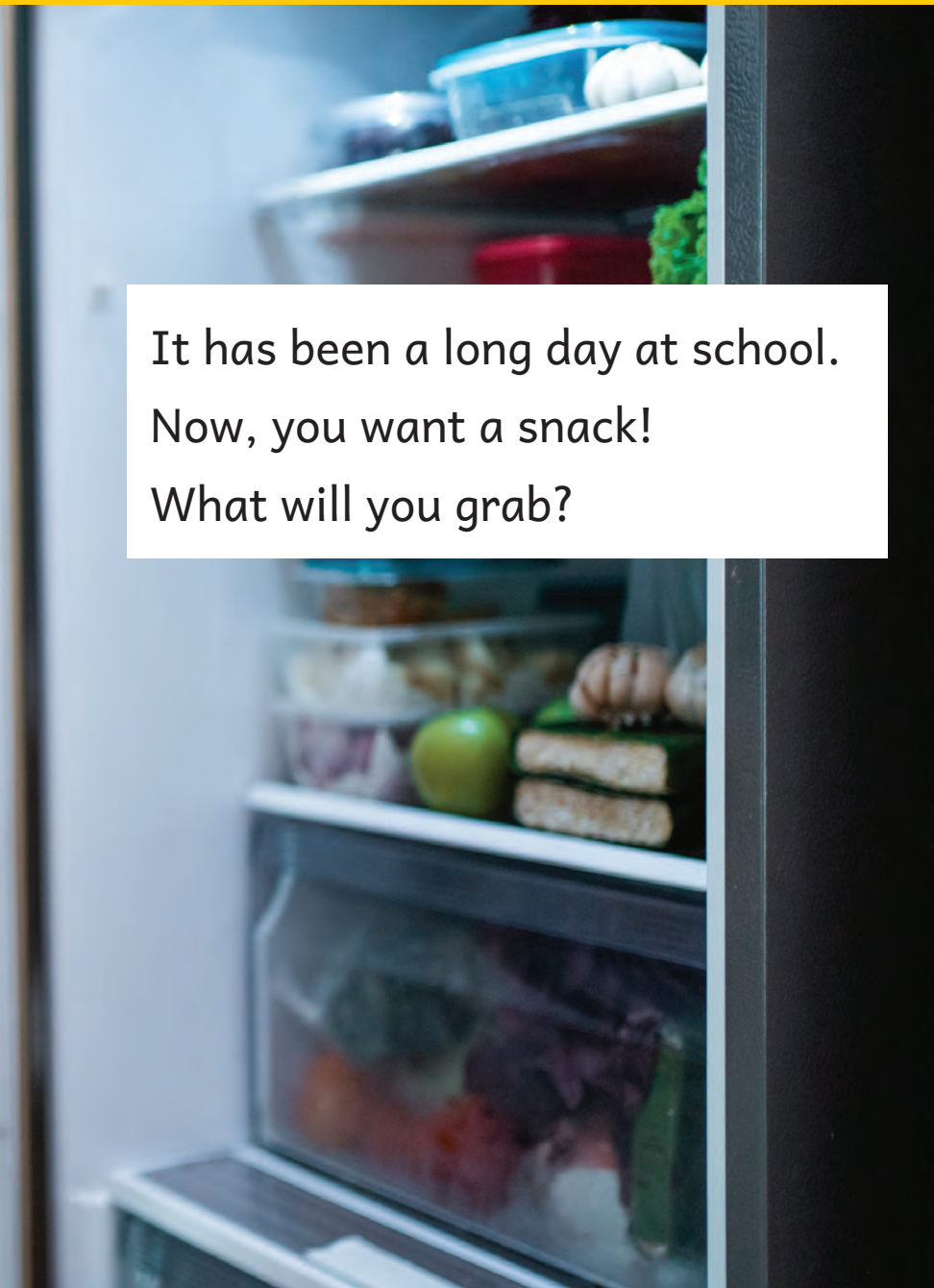
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It has been a long day at school.
Now, you want a snack!
What will you grab?





A family chops up some veggies for a healthy snack.

A healthy snack is fuel for your mind and body.

It gives you a boost so you can do fun things.

You can watch a movie with your family!



This family snacks on popcorn.

You can have chips or pop for a fast snack.

But what if you took just a bit more time?

Then, you can make a healthy snack.





What animals can you make with your snack?

You can make a fun snack too!
Spread peanut butter on a slice of bread.
Add nuts and fruit to make a bear or monkey!