

# Healthy Snack Ideas



Fill in the missing letters in these snacks!

Natural yog\_\_\_ and chopped fr\_\_\_ts  
(fresh, dried, tinned)

Homemade oat bars & fl\_p\_acks

Veggie sticks (car\_\_\_t,  
bell pepper, cucumber,  
celery, sugar snap p\_\_\_s)  
& hummus

G\_\_\_ek  
yoghurt

Baked  
crisps

No added sugar jelly with added fruit

P\_\_\_corn

Rice cakes (on their own  
or with healthy toppings)

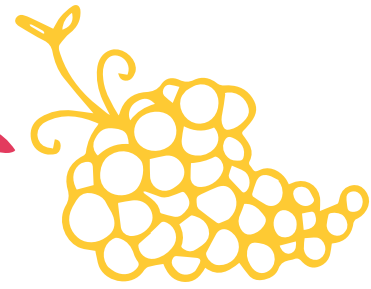
Fruit salad

Fruits (fresh, dried or tinned)

Ham & veggie  
roll ups

**N\_**ts

**Cherry to\_\_oes  
and mozzarella balls**



**Dried fruit  
& nuts**

**Home-made “trail mix”  
(nuts, s\_\_ds,  
dark chocolate, dr\_\_d fruit)**

**Veggie sticks &  
guacamole**

**Bre\_ds\_\_cks/pitta  
& h\_\_mus**

**Ap\_\_e slices &  
peanut butter**

**Glass of  
m\_ilk**

**Celery sticks with  
cream cheese**

**A portion of che\_\_e**

**Cherry tomatoes**

**Frozen fruit (perfect  
in summer - you can  
freeze slices of  
watermelon, grapes,  
mel\_n)**

**Hard boiled e\_gs)**

**Malt loaf slice**

**Cucumber &  
cheese**

**Fruit ice lollies (use  
ice lolly moulds, fill  
them with no added  
sugar squash & fresh  
fruit, freeze & enjoy)**



**Crackers**

**1 crumpet**



**Fruit kebabs**

**Rais\_\_ snack packs**

**Cottage cheese,  
seeds & honey**

**Fruit & yogurt parfait  
(use your favourite  
fruit & layer it  
between Greek  
yoghurt & oats)**

**Homemade apple  
cris\_\_ or vegetable  
crisps**

**S\_\_lsa & a few plain  
crisps (even better if  
you make the salsa at  
home & use toasted  
wraps to dip)**

**Roasted chickpeas**

**Homemade gr\_\_nola  
(if you need to buy it  
from a shop instead,  
search for lower  
sugar options)**

**Mini sal\_\_d plate  
(make it colourful &  
more fun for the  
children by creating  
animals or characters  
with the food)**

**1 slice of t\_\_ast  
(wholemeal  
contains more fibre)**