

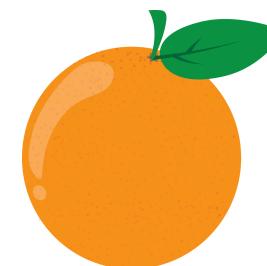
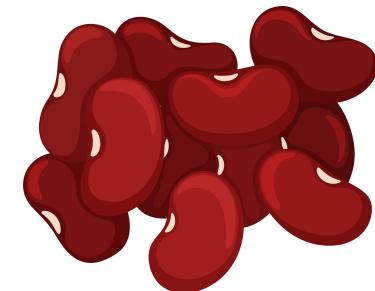
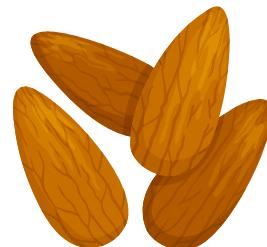
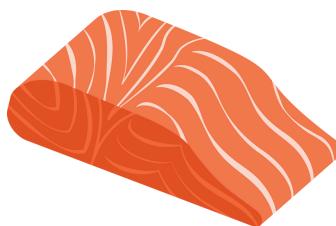
# Brain Booster vs. Sometimes Snack

## Instructions:

Look at the food list found below.

Decide if the food is a Brain Booster (*a food that helps your brain stay strong and focused*) or a Sometimes Snack (*a food that is okay to enjoy but doesn't help your brain as much*).

Cut out the food pictures and place them in the correct column.





# Brain Booster

Foods that are full of nutrients to keep your brain healthy.

# Sometimes Snack

Foods to enjoy once in a while but don't give your brain the nutrients it needs.