

NAME _____

Rate That Snack!

(Snack Questionnaire)

Fill in the chart for each snack you eat over three days.



Snack	Where You Ate It	Why You Ate It	Nutrients In It	Other Comments	Snacktime Rating ♥

- ♥ **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