

Healthy Snacks Vending Machine Company

Name _____

You need to stock snacks in a company vending machine for workers who need snacks that will strengthen their bones and muscles and give them lots of vitamins A, B, and C. Because workers need to do a lot of lifting and have to work for long hours, they want snacks that will also give them lasting energy.

Directions

Review the list of snack options, and use the collect-consider-compare-decide method to come up with four healthy snacks to put in the vending machines and two snacks to leave out. Write your final snack choices on the Healthy Vending Machine Company Order Form. Explain why you included each food in the vending machine and why you excluded the ones you did.

TABLE 21.1 Healthy Vending Machine Company Order Form

YES! Put these healthy snacks in!

NO! Keep these snacks out!

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).