

## Healthy Snack Choices Poster

**Your Task:** Compare/contrast 2 snacks and determine which snack is healthier to eat. Use the Pages app to make a poster comparing your two snacks and explaining which snack is a better choice and why.

**Health Objective:** Identify personal and fitness goals using the Super Tracker web site.

GR 5 b.3.b

**Materials:** iPad, web site: <https://www.supertracker.usda.gov/>, Pages app

### Procedures:

1. Go to the Super Tracker website.
2. Click on Food-A-Pedia.
3. In the Search box, type **Snacks**.
4. In the **For** box, type in your favorite snack. If your chosen snack does not come up, choose one similar to it or try another snack name.
5. Click Go. A food label for your snack will appear.
6. In the **For** box, now type in another snack that you like. Choose one that you think might be healthier or unhealthier than the last snack that you chose.
7. Now you will see 2 food labels. Take a **screenshot** of the web page.
8. Open the Pages app.
9. Click the + to make a new page (create a new document).
10. Tap Blank.
11. In the upper right corner, tap the + sign.
12. Tap the picture icon (looks like a mountain).
13. Tap Camera Roll. (This will take you to your camera roll.)
14. Tap on the food labels screenshot that you made.
15. Tap somewhere on your iPad screen but not on the picture you just added (to de-select it).
16. Scroll down below your food label picture.
17. Tap the + button.
18. Tap the square (text button).
19. Tap the word **Text**.
20. Drag the text box that appears down below your food labels picture.
21. In the text box, compare and contrast the two snacks. Explain why one is a healthier choice than the other, and how you could incorporate both into your healthy eating plan.

### Tech Tips

#### To take a screenshot:

1. Make sure your desired picture is on the iPad screen.
2. Press the Home button and the power button simultaneously (at the same time). If your sound is not muted, you will hear a click. Now your picture is located in the Photos app (your iPad camera roll).