

## Snacks at Home

There are rules at home about eating snacks.



These rules help my mom and dad know what I am eating and when I am eating.

Sometimes at home I get hungry and thirsty and I want a snack or drink. When I want a snack or a drink, I can take something from my snack basket on the counter.



Sometimes I eat food from the pantry or refrigerator without asking. The food I eat might not be for me. It might be needed for a meal that my parents are making for the family. When I take food out of the pantry or refrigerator without asking it makes my mom and dad upset.

Sometimes, when I eat food from the pantry or refrigerator, I become full and I am not hungry for lunch or dinner. It is important to ask my parents about snacks in the pantry or refrigerator so they can help me make the right choice.

When I want something to eat, I will choose something from my snack basket. My snack basket is on the kitchen counter and has several things for me to eat and drink. If I do not see what I want, I will ask my mom or dad for help. I will try to remember not to go into the refrigerator or pantry without my mom or dad's help.



I will try to follow the rules about snacks at home. When I remember to follow the rules, I get a special snack on Friday!

