

PICKING A SMART SNACK



On the first Saturday in April, the Royal Food Family was scheduled to attend the Grand Opening of the new Royal Library. King Henry the Egg would make a speech. Queen Anna Banana would cut the ribbon. Sir Milkford, who was a Scholar, would select the first book. Princess Peapod, Prince Waffle, Lady Holly the Cow and Little D just had to be there, because that's what the Royal Food Family did.

At breakfast that morning, Sir Milkford asked, "King Henry, what time is the Grand Opening of the Royal Library?"

"It's at noon," said the King as he continued eating his breakfast.

"Oh my," said Sir Milkford. "That means we won't have lunch until late today. I'm afraid we'll all start feeling very hungry by noon."

Queen Anna Banana piped up:

"Oh yes, old boys,
My stomach will make noise."

King Henry the Egg looked shocked. "It's not very royal for the Royal Food Family to have their stomachs growling during a royal event."

"Exactly," said Sir Milkford. "But there's an easy way to prevent the problem. We should all have a Smart Snack at 11:00 a.m. Let's see now. Who should plan the snack?"

Sir Milkford slowly looked around the table. When he saw Little D, he knew he had the right one for the job.

"Little D," said Sir Milkford, "this is a great opportunity for you to practice planning a Smart Snack. Do you remember what a Smart Snack contains?"

"Yes, Sir," said Little D. "A Smart Snack contains one or two foods from the Five Food Groups."

"Exactly," said Sir Milkford. "Please plan the snack and then tell the Royal Cooks to have it ready at 11:00 sharp."

Everyone left the Royal Dining Room except Little D. He sat in his place and thought and thought and thought about what to serve for the Smart Snack.

