

## (Main Heading) 3.0 Research

### (Sub Heading) 3.1 Current Snack Foods

**Conduct research into FIVE cost effective, current healthy snack food products by:**

**3.1.1 Providing an image of each snack food item. Ensure you provide a mixture of sweet and savoury snacks.**

**3.1.2 Explaining why it is healthy and how it links to the Australian Guide to Healthy Eating.**

#### **Snack 1: Crunchy Baked Chickpeas**



These Crunchy Baked Chickpeas are a savoury snack. Chickpeas fit into the Meat and Meat Alternatives of the Australian Guide to Healthy Eating as they provide you with protein. This is a healthy snack because these chickpeas have been baked in the oven and no oil was added to them, therefore, they do not contain any fat.