JUNK FOOD BATTLES

Please read the following. Write five complete sentences about the text. Pay attention to capitalization, punctuation, and spelling. Use google to check your spelling.

Are potato chips, soft drinks, and cookies part of your diet? If you're like many kids, the answer is yes. Health **experts** say that Americans are eating too much junk food. It makes up almost one-quarter of the American diet!

The U.S. government is helping people change their eating habits. More than half of Americans are overweight. Being overweight can lead to health problems.



USDA.gov

Nutritious foods can be fun and tasty!

In a recent report, the government said people should eat foods that are higher in nutrients and lower in fat. Nutrients give you energy and help your body stay healthy. Some foods that are good sources of nutrients are fruits, vegetables, and whole grains such as brown rice and whole-wheat bread.

A healthful diet is not the only way people can keep their bodies fit. The new **guidelines** say kids should exercise for at least one hour a day.

Fantastic Foods

If you think eating healthful foods is boring, think again! Nutritious foods can be fun and tasty. Just ask the kids at Meadowbrook Elementary School in Fort

LIVEWORKSHEETS

JUNK FOOD BATTLES

Please read the following. Write five complete sentences about the text. Pay attention to capitalization, punctuation, and spelling. Use google to check your spelling.

Worth, Texas. They recently taste-tested foods, such as sweet potato pancakes and blueberry burgers.

The U.S. Department of Agriculture held the taste test. That group wants to help schools find ways to serve healthful foods and meet the new dietary **guidelines**.

"These new dietary **guidelines** represent our best ... advice to help Americans live healthier and longer lives," said one government **official**.

Hidden Sugar

Experts say that kids are eating too much sugar. If you look at a food label, you might have trouble spotting the sugar. That's because sugar can have many different names.

Here are some of them:

corn sweetener fructose lactose corn syrup glucose maltose dextrose sucrose molasses

WRITE YOUR FIVE SENTENCES HERE:

1. _____

_____

_____

2. _____

_____

_____

LIVEWORKSHEETS

JUNK FOOD BATTLES

Please read the following. Write five complete sentences about the text. Pay attention to capitalization, punctuation, and spelling. Use google to check your spelling.

3.

4.

5.

Write one complete sentence for each vocabulary word in blue

Experts

Guidelines

Official

LIVEWORKSHEETS