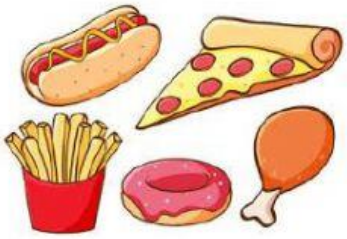
Which Foods are Healthy?

Tick the Healthy food items.