

HEALTHY EATING HABITS	UNHEALTHY EATING HABITS

Categorize each description into healthy or unhealthy eating habits.

Involves consuming a variety of nutrients in the right proportions.	Involves a high intake of processed and junk foods that are high in sugar, salt, and unhealthy fats	Can lead to overconsumption of calories, contributing to weight gain and obesity.
It emphasizes portion control to avoid overeating, which helps in maintaining a healthy weight.	Focuses on whole, unprocessed foods such as fruits, vegetables, whole grains, lean proteins, and nuts	Drinking plenty of water is a key part as it aids digestion and overall bodily functions.
Diets may lack essential nutrients and fiber, leading to nutritional deficiencies and digestive problems.	Insufficient water intake can lead to dehydration and related health issues	Regular consumption of fast food and sugary beverages can lead to increased risk of chronic diseases
It allows for occasional treats and indulgences but in moderation	Can lead to improved energy levels, better digestion, a strong immune system.	Can be driven by emotions, stress, or boredom, leading to binge eating and weight gain.