

Worksheet N° 9 8th Grade: "Healthy Habits"



Unhealthy foods are foods that have a lot of **salt, fat and sugar** (They are **high in**).
Healthy foods are foods that are good for our health because they are **low in sugar, salt and fat**.

1.- Observe the images and answer the questions.

- Observa las imágenes y responde las preguntas.



a) What are they?

b) What do they represent?

c) What food items can you identify? Write them.

Explain why these foods are **unhealthy**: Look at the example.

Chips: (French Fries): Chips are unhealthy **because** they are high in fat.



1

Ice cream: _____



2.-

Hamburger:



3.-

1. Read the descriptions about food and match them with the corresponding name.

- Lee las descripciones sobre comida y escribe el nombre que corresponde.

Healthy food

/

Unhealthy food







Food that is high in calories from sugar or fat, with little dietary fiber.







Food to be good for you because it does not contain artificial chemicals or much sugar or fat.

2. Mark the food item writing H for healthy food and U for unhealthy food.

- Marca el alimento con H si es saludable y U si es no saludable.

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|  |  |  |  |
| HAMBURGER | SOUP | BREAKFAST | OMELETTE |
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|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  |  |
| <p>APPLE PIE</p> | <p>A SODA</p> | <p>A CUP OF TEA</p> | <p>MILKSHAKE AND CROISSANT</p> |
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