

Name: _____

Unbalanced diet worksheet

1. Which foods below could cause an unbalanced diet if you eat too much of it? Drag the foods into the box.



fries



egg sandwich



milk



candy



water

Foods that can cause an unhealthy diet

2. What happens to someone who has an unbalanced diet?

3. Which person below possibly has an unbalanced diet? _____



person A



person B



person C



person D

4. What disease can a person who is obese get?
