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.


apple


fried chicken


fruit salad


cake



soda


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?

_____

LIVEWORKSHEETS