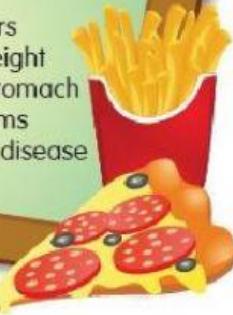# Unit 7: Healthy & Wise

Talk about the facts on fast food using the information below.

Why is fast food bad for health?

- contains a high amount of salt and preservatives
- contains artificial sweeteners
- contributes to increased weight
- more likely to experience stomach upset and digestive problems
- causes diabetes and heart disease

Types of food

Look at the food given and categorise the food into fast food or healthy food.

Drag the food into the correct box.

Fast Food

Healthy Food