HEALTHY AND UNHEALTHY FOODS

LESSON OBJECTIVE:

Identify healthy and unhealthy foods.

STEPS TO SUCCESS:

- Observe the foods by looking at the pictures carefully
- State if the foods are healthy or unhealthy.
- Explain why the foods are healthy and unhealthy.
- Name 3 healthy foods.
  Name 3 unhealthy foods.

Checklist	yes	no
I have _____	/	x
named the foods.		
identified healthy and unhealthy foods.		
explained why these foods are healthy/unhealthy.		
give 3 examples of healthy foods.		
give 3 examples of unhealthy foods.		

1. Complete the table.

	Name of food	Healthy / Unhealthy	Why?
			
			

LIVEWORKSHEETS

			
			
			
			
			

LIVEWORKSHEETS

			
			
			

2. Give 3 examples of healthy foods.

   a. _____

   b. _____

   c. _____

3. Give 3 examples of unhealthy foods.

a. _____

b. _____

c. _____

LIVEWORKSHEETS

LIVEWORKSHEETS