HEALTHY AND UNHEALTHY FOODS

LESSON OBJECTIVE:

Identify healthy and unhealthy foods.

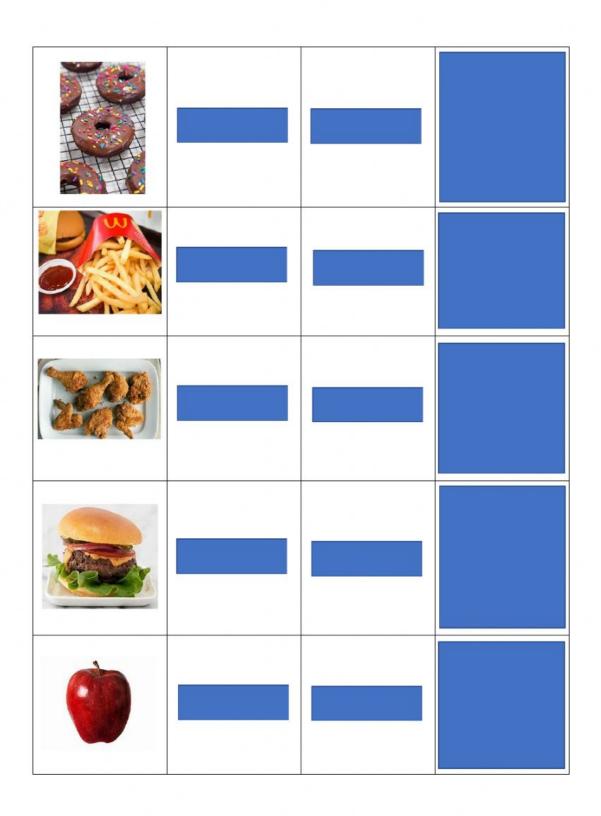
STEPS TO SUCCESS:

- 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.

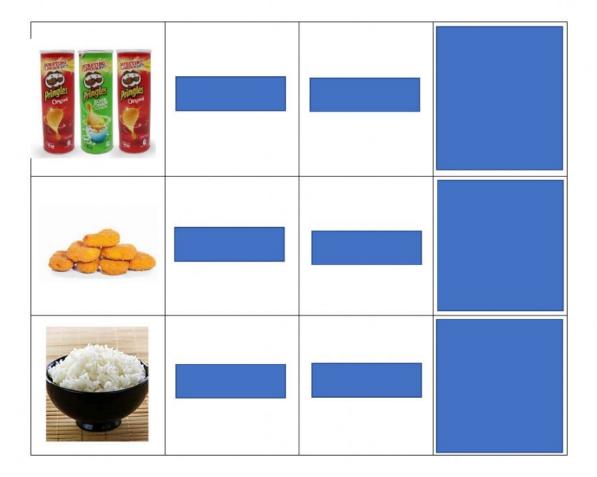
Checklist	yes	no
I have	1	×
named the foods.		
identified healthy and unhealthy foods.		
explained why these foods are healthy/unhealthy.		
give 3 examples of healthy foods.		
give 3 examples of unhealthy foods.		

1. Complete the table.

Name of food	Healthy / Unhealthy	Why?



#LIVEWORKSHEETS



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a					
CI.					

- b. _____
- C.

3. Give 3 examples of unhealthy foods.

- a. _____
- b. _____
- c. _____

