

Healthy and Unhealthy Foods



Name: _____

Date: _____

Choosing foods that contain **nutrients** and in the right proportions (amounts) is important to maintaining good health and preventing diseases. Food provides the body with nutrients which the body need to do work.

Healthy food can come from plants or animals. Examples of healthy food that come from plants include fruits, vegetables, and grains. Meat, eggs, and milk are healthy food that come from animals. Healthy food gives us energy and helps our body fight off diseases.

Unhealthy foods contain high amounts of salt, sugar, oil and fats. These are also called 'junk food'. Examples of unhealthy food include fast food like burger, fries and pizza, chips, cookies, soft drinks and pastries. Unhealthy food can leave us feeling tired and make us sick.

Eating healthy helps our body grow healthy and strong, and it helps us to concentrate so that we learn better.

Choose whether each of the following food items is healthy or unhealthy.

a. cupcakes	<input type="checkbox"/> healthy	<input type="checkbox"/> unhealthy
b. chocolate	<input type="checkbox"/> healthy	<input type="checkbox"/> unhealthy
c. oranges	<input type="checkbox"/> healthy	<input type="checkbox"/> unhealthy
d. chips	<input type="checkbox"/> healthy	<input type="checkbox"/> unhealthy
e. fish	<input type="checkbox"/> healthy	<input type="checkbox"/> unhealthy
f. eggs	<input type="checkbox"/> healthy	<input type="checkbox"/> unhealthy
g. hotdogs	<input type="checkbox"/> healthy	<input type="checkbox"/> unhealthy
h. hamburgers	<input type="checkbox"/> healthy	<input type="checkbox"/> unhealthy
i. noodles	<input type="checkbox"/> healthy	<input type="checkbox"/> unhealthy
j. broccoli	<input type="checkbox"/> healthy	<input type="checkbox"/> unhealthy