

### Interactive Worksheet 6.1: Week 6 Self-Learning Program

#### Exercise 1

Say if the statements are true or not

- a- A meal of macaroni, mashed potatoes, rice and beans is a balanced ration.
- b- Meat burger, French fries, sausage is a healthy meal.
- c- Tabouleh is a healthy food.

#### Exercise 2:

Classify the following types of food into healthy or not healthy:

Burger
fruit salad
sausage
labneh
egg
French fries
sweets

Healthy	Not Healthy