NAME: _____

Directions: Write **H** if the food is healthy and **UH** if the food is unhealthy. Write your answer in your activity notebook.

 _____1.

 _____2.

 _____3.

 _____4.

 _____5.

 _____6.

1. What did you consider in classifying the following foods as healthy and Unhealthy?

2. Does eating healthy food help prevent nutritional problem? Why or why not?