

# HEALTHY AND UNHEALTHY FOODS

## LESSON OBJECTIVE:

Identify healthy and unhealthy foods.

## STEPS TO SUCCESS:

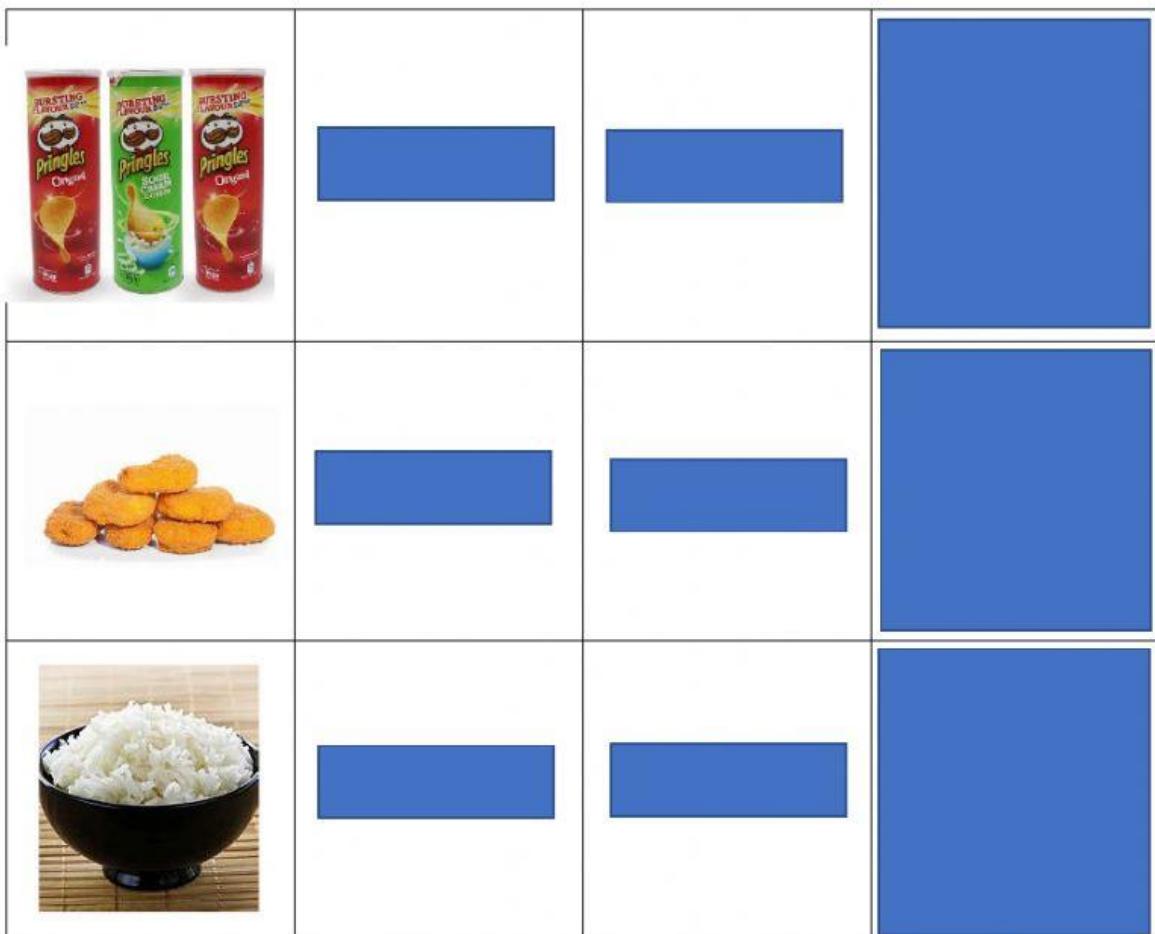
- Observe the foods by looking at the pictures carefully
- State if the foods are healthy or unhealthy.
- Explain why the foods are healthy and unhealthy.
- Name 3 healthy foods.
- Name 3 unhealthy foods.

Checklist	yes	no
I have _____ named the foods.	/	x
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?
			
			

	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>



2. Give 3 examples of **healthy foods**.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

3. Give 3 examples of **unhealthy foods**.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

