

Liveworksheet 3. What is a healthy diet?

1. Look at the photos. Then click on the bar under each photo and choose: natural, processed or ultra-processed.



2. Match the type of food with its description:

Natural food

This is food that is made from other food.

Processed food

This is food with no added ingredients.

Ultra-processed food

This is natural or minimally processed food with other ingredients added to it.

3. Tick the recommendations we should follow to have a healthy diet.



Eat lots of fruit and vegetables every day.

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Eat lots of ultra-processed food every week.

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It is good to eat animal fat every day.

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It is better to eat fish or chicken than other types of food of animal origin.

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Consume eggs, milk and dairy products in moderation.

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Drink six to eight glasses of water every day.

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