

## Healthy Food vs Junk Food

A. Match the words to healthy food or junk food by writing in the box :

1. Cavities

2. Fried food

3. Vitamin

4. Fibres

5. Weight Problems

6. Water

7. Artificial Sweeteners



a. Healthy Food



b. Junk Food

B. Complete the sentences with contain or does not contain :



1. Bread and pasta \_\_\_\_\_ fibres.

2. Junk food \_\_\_\_\_ fibre.

3. Vegetables \_\_\_\_\_ vitamins.

4. Junk food \_\_\_\_\_ vitamins.

5. Healthy food \_\_\_\_\_ additives.