I will learn about healthy and unhealthy food.

14 **Look at the pictures. Which snacks can you name?**

143 **15** **Look, listen, and read. Then circle.**



Healthy and Unhealthy Snacks

Healthy food is good for our body. Some snacks are healthy, but others are not. Unhealthy snacks have too much sugar, fat, or salt.



Sugar

1 Sugar gives us energy, but too much sugar is not healthy. Sugar is bad for our teeth and can make us fatter. Candy has a lot of sugar.



Fat

2 Like sugar, fat gives us energy. When we eat too much of it, it stays in our body and makes us fatter. It is not good for our heart. Chocolate has a lot of fat.

Salt

3 Salt doesn't make us fatter, but too much of it can give us heart disease. Potato chips have a lot of salt.

Many snacks have labels. The labels say how much sugar, fat, and salt is in them. Try to read the labels and choose healthy snacks.





1 candy: a lot of **sugar** / **salt**
2 chocolate: a lot of **fat** / **salt**
3 potato chips: a lot of **sugar** / **salt**

THINK BIG

Which snacks in the pictures are healthy? Which are unhealthy?

LIVEWORKSHEETS