

Name: _____

HEALTHY AND UNHEALTHY FOODS

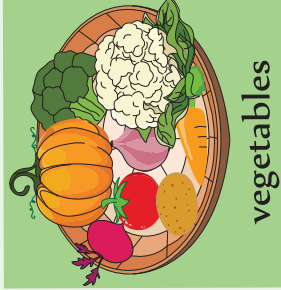
Healthy Food

Any food that promotes good health, especially food that is high in fiber, natural vitamins, and other vital nutrients is considered healthy.

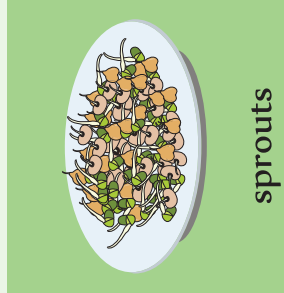
Examples:



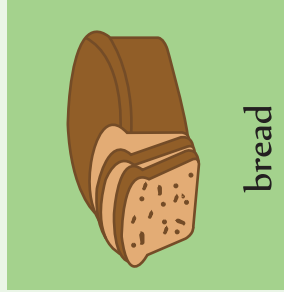
fruit



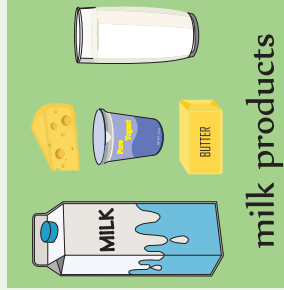
vegetables



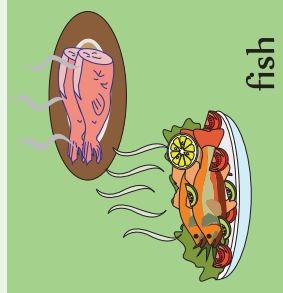
sprouts



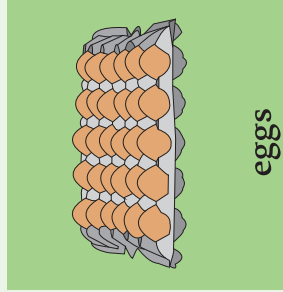
bread



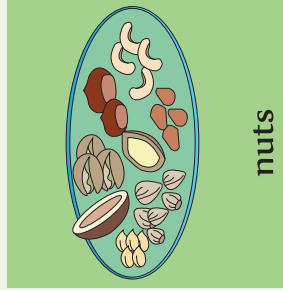
milk products



fish



eggs

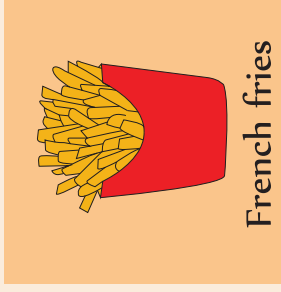


nuts

Unhealthy Food

Any food that is likely to cause illness or poor health, such as foods that are high in sugar, fat, and calories like sweetened breakfast cereals and salted snacks like potato chips is considered unhealthy.

Examples:



French fries



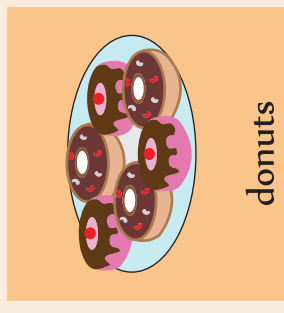
ice cream



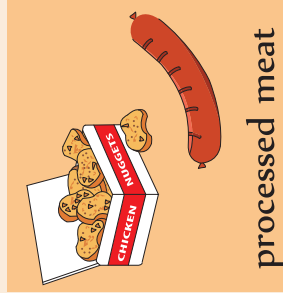
chocolates & candies



sugary drinks



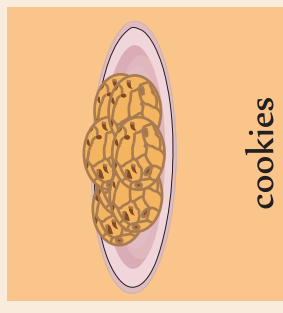
donuts



processed meat



potato chips



cookies