

EATING HEALTHY

1. Brainstorm the following words. Write as many foods you can think of from each category.

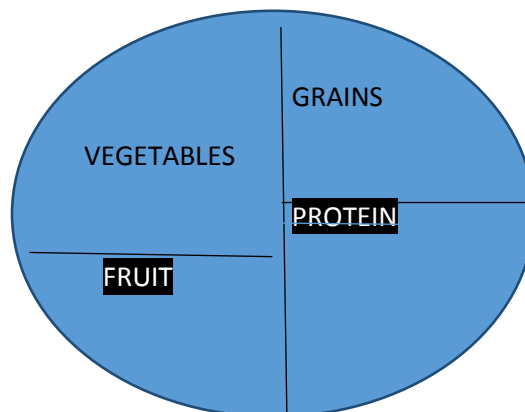
HEALTHY

UNHEALTHY

2. Look at the words in the box. Classify them whether you think they are healthy or unhealthy and explain why.

Granola bars - fruit - sausages - industrial soya hamburgers - nuts -
Vegetarian pizza - pizza - rice - whole wheat bread - gluten free bread
Chocolate - milk - fresh fruit juice - vegetables - canned peas - fish -
Steak - coffee - soda - cake - ice cream - sandwiches - yoghurt

3. Analyze the picture. This is what a healthy plate should look like.



4. Write examples of each food in the space provided



VEGETABLES:

PROTEIN:

FRUIT:

GRAINS:

4. Sit in pairs. Build a healthy menu for one day.