## Healthy and Unhealthy Foods Worksheet

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| Sex: Male | Date:April 19, 2024 |  |
| Instructions: |  |  |
| In this worksheet, you'll list down various food items into two groups: healthy and unhealthy. Consider factors like nutritional value, portion sizes, and frequency of consumption to make your choices. Additionally, use the plate diagram provided to visually represent your food choices. |  |  |
| I. Healthy Foods |  |  |
| 1. Fruits: List five fruits that you consider to be healthy options. Apples, bananas, berries, oranges, kiwi. |  |  |
| 2. Vegetables: Write down five vegetables that you believe are excellent for your health. Spinach, broccoli, carrots, bell peppers, kale. |  |  |
| 3. Grains: Name three whole grain foods that you would include in a balanced diet. Brown rice, quinoa, whole wheat bread |  |  |
| 4. Proteins: Identify three lean protein sources that you enjoy. Chicken breast, fish (such as salmon or tuna), tofu. |  |  |
| 5. Dairy/Dairy Alternatives: List three calcium-rich options for your daily intake. Greek yogurt, almond milk, low-fat cheese. |  |  |
| II. Unhealthy Foods |  |  |
| 1. Sugary Snacks: Name five snacks high in added sugars that you should limit in your diet. Candy bars, sugary cereals, pastries, soda, sweetened yogurt. |  |  |

2. Fried Foods: Identify three fried items that you should consume sparingly.

French fries, fried chicken, onion rings.
3. Processed Foods: List three packaged foods that are often high in unhealthy fats and additives.

Potato chips, microwave dinners, sugary breakfast cereals.
4. Sugary Beverages: Write down four drinks that are loaded with sugars and calories.

Soda, energy drinks, sweetened iced tea, fruit punch.
5. High-Sodium Foods: Name three foods that are typically high in sodium content. Canned soups, processed meats (like bacon or sausage), fast food burgers.

## III. Create Your Plate

Use the plate below to create a representation of your ideal healthy meal,


