

# Healthy and Unhealthy Foods Worksheet

<b>Name:</b>		<b>Age:</b>
<b>Sex:</b>	<b>Date:</b>	
<b>Instructions:</b>		
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.		
<b>I. Healthy Foods</b>		
1. <b>Fruits:</b> List five fruits that you consider to be healthy options.		
2. <b>Vegetables:</b> Write down five vegetables that you believe are excellent for your health.		
3. <b>Grains:</b> Name three whole grain foods that you would include in a balanced diet.		
4. <b>Proteins:</b> Identify three lean protein sources that you enjoy.		
5. <b>Dairy/Dairy Alternatives:</b> List three calcium-rich options for your daily intake.		
<b>II. Unhealthy Foods</b>		
1. <b>Sugary Snacks:</b> Name five snacks high in added sugars that you should limit in your diet.		
2. <b>Fried Foods:</b> Identify three fried items that you should consume sparingly.		
3. <b>Processed Foods:</b> List three packaged foods that are often high in unhealthy fats and additives.		
4. <b>Sugary Beverages:</b> Write down four drinks that are loaded with sugars and calories.		
5. <b>High-Sodium Foods:</b> Name three foods that are typically high in sodium content.		

### III. Create Your Plate

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

