

Healthy and Unhealthy Foods Worksheet

Name:		Age:
Sex:	Date:	
Instructions:		
<p>In this worksheet, list various food items into two groups: healthy and unhealthy. To make choices, consider factors like nutritional value, portion sizes, and frequency of consumption. Additionally, use the plate diagram provided to represent food choices visually.</p>		
I. Healthy foods		
1. Fruits: List five fruits that you consider to be healthy options.		
2. Vegetables: Write down five vegetables that you believe are excellent for your health.		
3. Grains: Name three whole grain foods that you would include in a balanced diet.		
4. Proteins: Identify three lean protein sources that you enjoy.		
5. Dairy/Dairy alternatives: List three calcium-rich options for your daily intake.		
II. Unhealthy foods		
1. Sugary snacks: Name five snacks high in added sugars that you should limit in your diet.		
2. Fried foods: Identify three fried items that you should consume sparingly.		
3. Processed foods: List three packaged foods that are often high in unhealthy fats and additives.		
4. Sugary beverages: Write down four drinks that are loaded with sugars and calories.		
5. High-sodium foods: 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.

