

Healthy and Unhealthy Foods Worksheet

Name:		Age:
Sex:	Date:	
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.		
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.

