

Making Healthy Choices



This activity helps you to think about what is healthy and what is not as healthy.

Can you use ticks and crosses to show which foods would be healthy choices for your lunch?

Put a tick next to the foods that are healthy and a cross next to the ones that are not as healthy.

Food		Healthy ☒ or Not as Healthy ☐
apple		
chocolate biscuit		
crisps		
breadsticks		
cheese		
ham		
melon		
chocolate bar		
hotchotch		
egg		
peas		
orange juice		



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Making Healthy Food Choices Home And Garden Bulletin

Lingsheng Yao



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