

## 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 <input checked="" type="checkbox"/> or Not as Healthy <input type="checkbox"/> |
|-------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| apple             |    |                                                                                        |
| chocolate biscuit |    |                                                                                        |
| crisps            |    |                                                                                        |
| breadsticks       |    |                                                                                        |
| cheese            |    |                                                                                        |
| ham               |    |                                                                                        |
| melon             |    |                                                                                        |
| chocolate bar     |    |                                                                                        |
| hotchotch         |   |                                                                                        |
| egg               |  |                                                                                        |
| peas              |  |                                                                                        |
| orange juice      |  |                                                                                        |



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| breadsticks       |  |                                                                                        |
| cheese            |  |                                                                                        |
| ham               |  |                                                                                        |

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# Making Healthy Food Choices Home And Garden Bulletin

**R Barnett**



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