

# Healthy and Unhealthy Foods

Complete the sentences choosing appropriate options from the word box.

nuts

bowl of yogurt

bread

protein

candy

oats

processed

beans

whole grains

vegetables

soda

pastries

chicken

sugary snacks

avocado

fish

water

1)

# Preview

2)

3)

4)

5)

6)

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7) \_\_\_\_\_ and \_\_\_\_\_ are good examples of healthy fat.

8) Eating too many \_\_\_\_\_ can lead to weight gain and health problems.

9) A balanced meal includes \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

10) It is important to limit the intake of \_\_\_\_\_ and \_\_\_\_\_ for a healthy lifestyle.