

# Healthy and Unhealthy Foods

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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) \_\_\_\_\_ and \_\_\_\_\_ are examples of healthy protein sources.
- 2) Drinking \_\_\_\_\_ is a better choice than drinking sugary soda.
- 3) \_\_\_\_\_ foods often contain high levels of sugar, salt, and unhealthy fats.
- 4) A \_\_\_\_\_ is a healthier choice than a bag of chips.
- 5) \_\_\_\_\_ and \_\_\_\_\_ are healthy sources of fiber.
- 6) Whole-grain \_\_\_\_\_ is better than sugary \_\_\_\_\_.
- 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.