

Healthy and Unhealthy Foods

Choose the correct option to answer each question.

- 1) Which of the following is an example of a healthy food?
a) French fries b) an apple c) potato chips
- 2) What is a balanced meal typically composed of?
a) a variety of food groups b) high-sugar foods c) fried foods

3) V
a



Preview

4) V
c
a

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5) V
a

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- 6) Which of the following is considered a source of unhealthy trans fat?
a) fast food and fried snacks b) olive oil c) avocado
- 7) Which of the following is a healthy snack?
a) a bag of candy b) celery sticks with peanut butter c) soda
- 8) Which nutrient is essential for building and repairing tissues in the body?
a) fiber b) sugar c) protein