

# Healthy and Unhealthy Foods

---

Read each scenario and color "healthy" or "unhealthy" as appropriate.

- 1) Timmy has sugary cereal and bottled orange juice for breakfast.

healthy

unhealthy

- 2) Sarah has turkey and a vegetable sandwich with carrot sticks for lunch.

healthy

unhealthy

3) E

# Preview

4) L

**Become a member to unlock  
unrestricted access to both printable  
and online worksheets.**

5) I

6) M

[www.tutoringhour.com](http://www.tutoringhour.com)



healthy

unhealthy

- 7) Grace chooses between cotton candy and a candy-loaded frozen yogurt parfait at a fair.

healthy

unhealthy

- 8) Ethan has buttered popcorn for a movie night.

healthy

unhealthy