

Healthy and Unhealthy Foods

Color "T" if the following statements are true and "F" if they are false.

1) Eating a balanced diet involves consuming a variety of foods from all food groups. T F

2) Vegetables and fruit are considered healthy because they have lots of nutrients. T F

3) Fat is a nutrient. F

4) Carbohydrates are a source of energy. F

5) It is important to eat a balanced diet. F

6) Vitamins are essential for good health. F

7) Staying active helps maintain a healthy weight and energy level. F

8) Eating a balanced diet is essential for good health. T F

9) Healthy eating involves limiting the intake of trans fat and artificial additives. T F

10) Exercising regularly is a crucial part of staying healthy. T F

Preview

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