Healthy Eating Healthy Living

Name: ____________________________
Date: ____________________________
Establishment: ____________________

1) Is too much sugar good or bad for you?
   - Good
   - Bad

2) Which food is high in sugar?
   - fruit
   - sweets

3) What can happen to your body if you eat too much sugar?
   - Healthy Weight
   - overweight
4) Are fruit and vegetables good or bad for us?

5) How many portions of fruit and vegetables should you be having every day?
6) What can happen if you eat too much **fat**?

- heart problem
- overweight

Both

7) Eating brown bread can

- cause constipation
- keep you regular
8) Is adding salt to food good or bad for us?