Healthy Eating Healthy Living

Name: _____

Date: _____

Establishment: _____
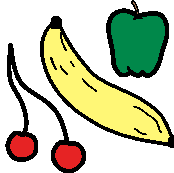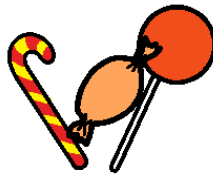
1) Is too much sugar good or bad for you?

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?

Bad

Good

5) How many portions of fruit and vegetables should you be having every day?
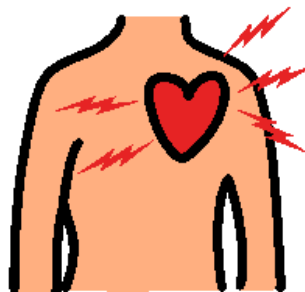
3

5

6) What can happen if you eat too much **fat?**

heart problem

overweight

Both

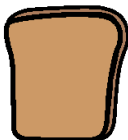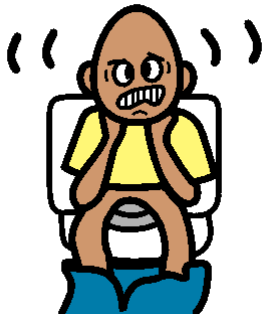**7)** Eating brown bread can

cause constipation

keep you regular

8) Is adding salt to food good or bad for us?

Bad

Good