

Name: _____

Healthy Eating

Healthy eating is a very important life skill to have. Eating healthy foods helps our bodies and minds and keeps us from getting sick.

Circle the healthy foods:

Apple

Orange

Cake

Fries

Pineapple

Oreos

Broccoli

Milkshake

Milk

It is very important that we eat a well-balanced diet made up of proteins, dairy, grains, fruits, and vegetables. Do the following people have a well-balanced diet?

1. Joe eats bread and rice for every single meal. Does he have a well-balanced diet?

- A) Yes
- B) No

2. Amy eats eggs and blueberries for breakfast, a turkey sandwich with lettuce and tomatoes for lunch, and grilled chicken and green beans for dinner. Does she have a well-balanced diet?

- A) Yes
- B) No

What are three of your favorite healthy foods? _____
