Healthy or Unhealthy

Can you sort the foods into those which are healthy and unhealthy? You could cut and stick the pictures into the table on this sheet or draw out your own table and write/draw the foods in it:

Healthy (eat often)	Unhealthy (eat in moderation)

apple · crisps · orange · tomato · banana · cupcake · carrot · burger · fish and chips · takeaway curry
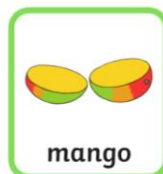
chocolate · cake · pizza · bread · cheese · mango · yogurt · butter · fizzy pop · water