

# Healthy or Unhealthy

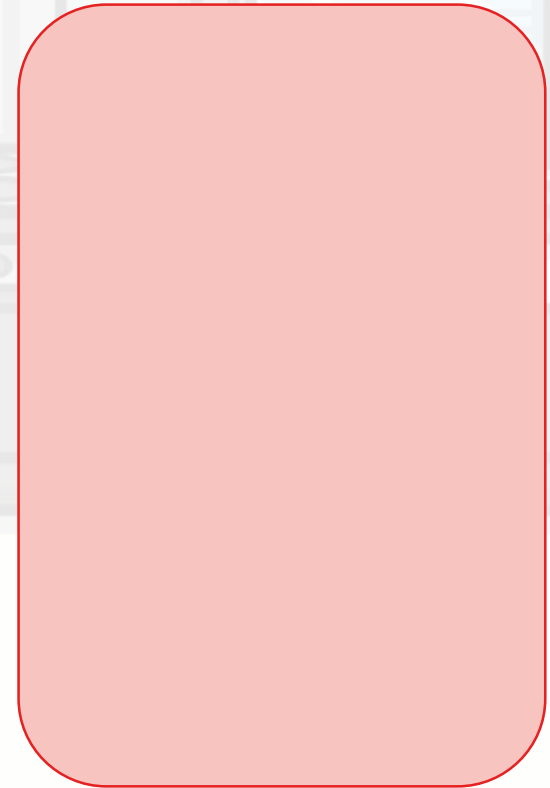


Look at the food below.  
Decide whether each piece is healthy or unhealthy,  
then click on it to see if you are right.

Healthy

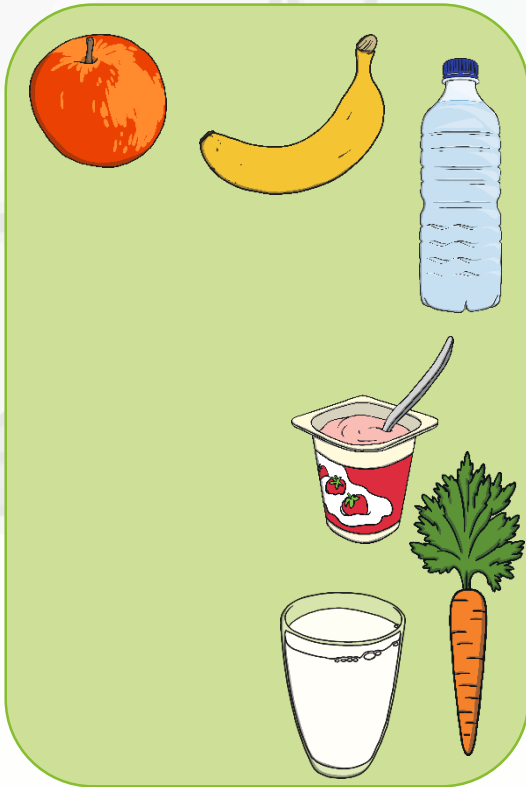


Unhealthy



Look at the food below.  
Decide whether each piece is healthy or unhealthy,  
then click on it to see if you are right.

Healthy

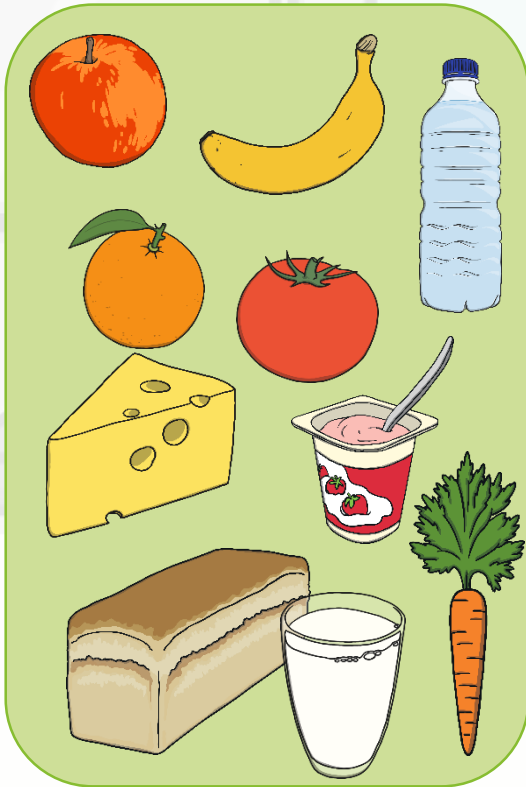


Unhealthy



# Well Done!

## Healthy



## Unhealthy

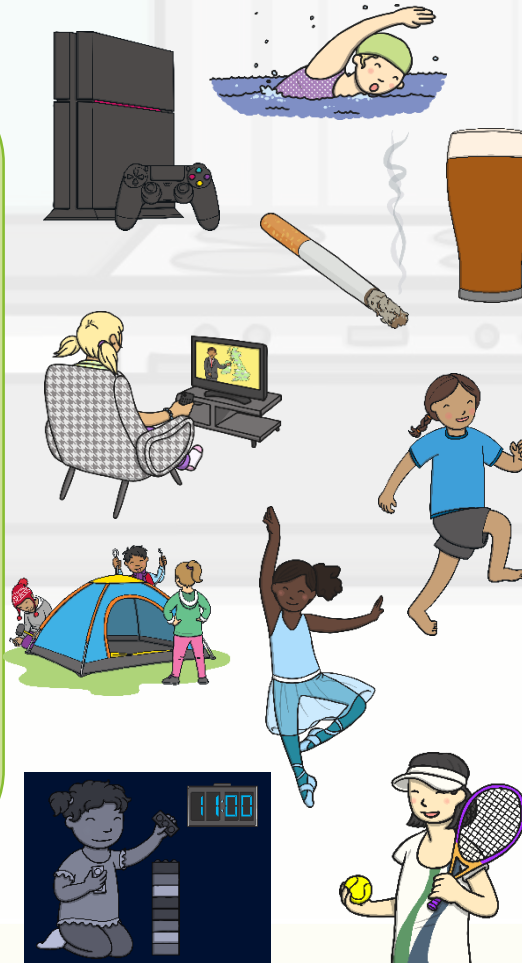
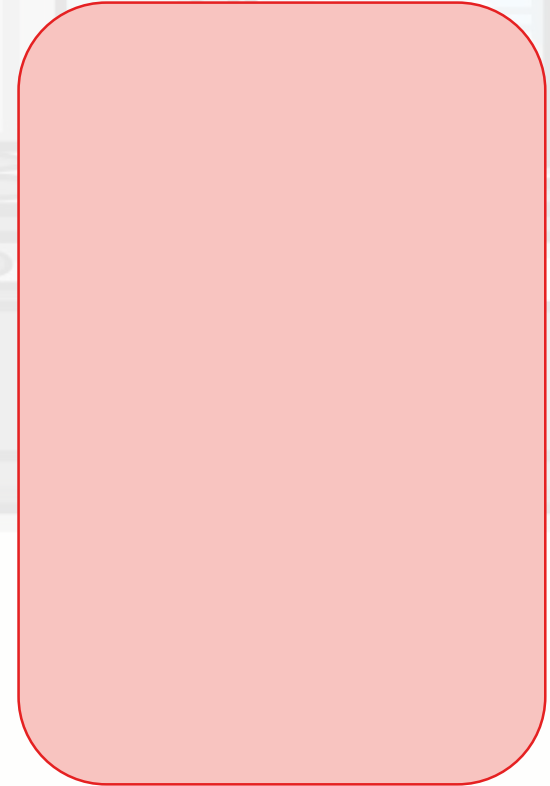


Look at the activities below.  
Decide whether each one is healthy or unhealthy,  
then click on it to see if you are right.

Healthy



Unhealthy





# Well Done!

## Healthy



## Unhealthy



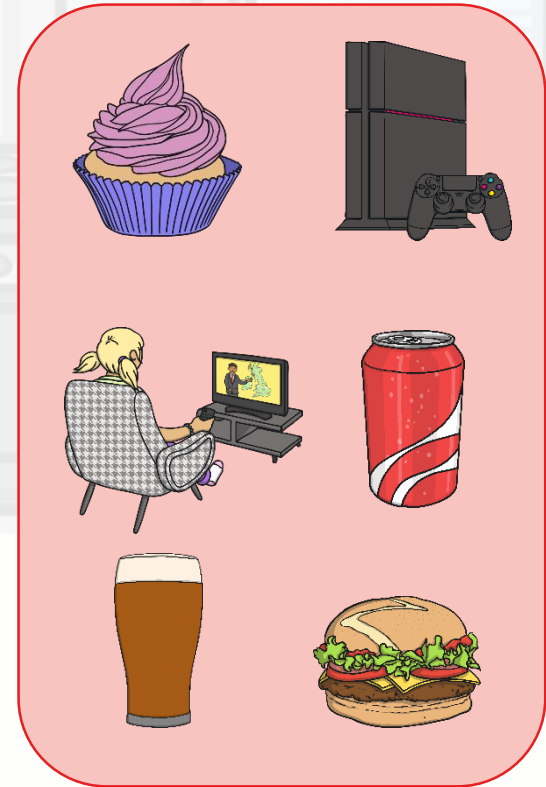
# Remember!

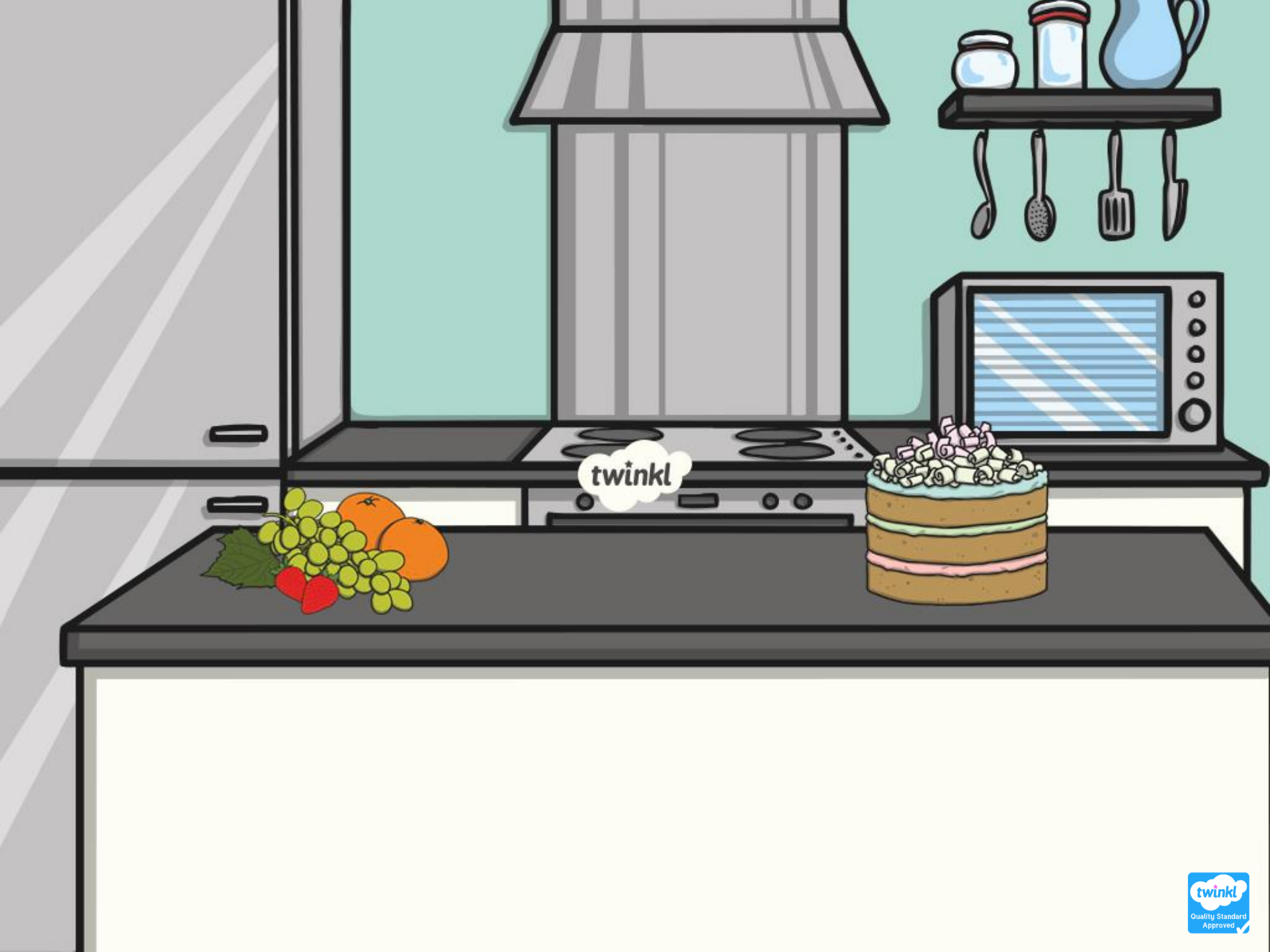
## Healthy



If something is unhealthy, it doesn't mean you can't have it anymore! Some unhealthy foods and activities can be fine in moderation.

## Unhealthy





twinkl