

# HEALTHY or UNHEALTHY?

**Instructions:** Circle your answer.



Is it **healthy** or **unhealthy**?

Is it **healthy** or **unhealthy**?

Is it **healthy** or **unhealthy**?

Which food groups do you see here?

**grain**  
**milk**  
**meat & beans**  
**fruit**  
**vegetables**

Which food groups do you see here?

**grain**  
**milk**  
**meat & beans**  
**fruit**  
**vegetables**

Which food groups do you see here?

**grain**  
**milk**  
**meat & beans**  
**fruit**  
**vegetables**



Is it **healthy** or **unhealthy**?

Is it **healthy** or **unhealthy**?

Is it **healthy** or **unhealthy**?

Which food groups do you see here?

**grain**  
**milk**  
**meat & beans**  
**fruit**  
**vegetables**

How often do you do this?

**every day**  
**3 times a week**  
**once a week**  
**sometimes**  
**never**

Which food groups do you see here?

**grain**  
**milk**  
**meat & beans**  
**fruit**  
**vegetables**



Is it **healthy** or **unhealthy**?

Is it **healthy** or **unhealthy**?

Is it **healthy** or **unhealthy**?

Which food groups do you see here?

**grain**  
**milk**  
**meat & beans**  
**fruit**  
**vegetables**

How often do you do this?

**every day**  
**3 times a week**  
**once a week**  
**sometimes**  
**never**

Which food groups do you see here?

**grain**  
**milk**  
**meat & beans**  
**fruit**  
**vegetables**



Is it **healthy** or **unhealthy**?

Is it **healthy** or **unhealthy**?

Is it **healthy** or **unhealthy**?

Which food groups do you see here?

**grain**  
**milk**  
**meat & beans**  
**fruit**  
**vegetables**

How often do you do this?

**every day**  
**3 times a week**  
**once a week**  
**sometimes**  
**never**

How often do you do this?

**every day**  
**3 times a week**  
**once a week**  
**sometimes**  
**never**