
Healthy and Unhealthy Food
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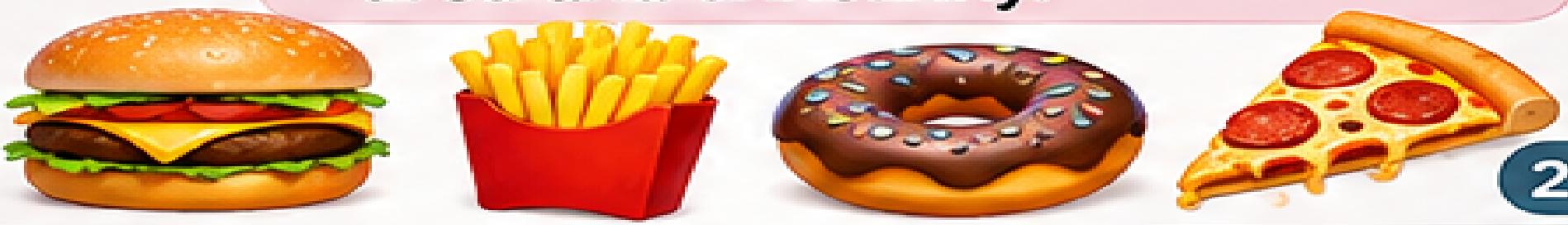
What is healthy food?

Healthy food gives us energy, keeps us strong, and helps us stay healthy.



What is unhealthy food?

Unhealthy food is high in sugar, fat, and salt. It can make us tired and unhealthy.



Useful Sentences



I like healthy food.



I like (don't like) unhealthy food.



My favourite healthy food is ...



My favourite unhealthy food is ...



I eat healthy food every day.



Healthy food gives me energy.



It helps me stay strong and active.

Activity 1: Classify the Food

Look at the food below and put it in the correct column.


apple


pizza


carrot


donut


chicken


chips

Healthy Food

Unhealthy Food

Activity 2: Use the Sentences

Complete the sentences with your own ideas.

1. My favourite healthy food is _____.
2. My favourite unhealthy food is _____.
3. I eat healthy food _____.
4. Healthy food helps me _____.

