

# Healthy Food Showdown!



Work in a team and convince the class your food is the best to help your body when you are sick.

## TALK ABOUT:

- Why is your food healthy?
- How does it help your body?
- How could it help when you feel sick?

## BUILD YOUR TEAM ARGUMENT:

- "Our food is best because \_\_\_\_."
- "It gives your body \_\_\_\_."
- "When you are sick, it can \_\_\_\_."

Use nutrition vocabulary: **nutrients, vitamins, energy, digest, healthy**

**CLASS VOTE:** Which team convinced you the most? Be ready to explain why.

