

Word Bank

Can you use these words when explaining?

Nutritious Balanced Wholesome Nourishing

Unbalanced Processed High in Sugar Low in Nutrients

Essential Nutrients Minerals Proteins Carbohydrates

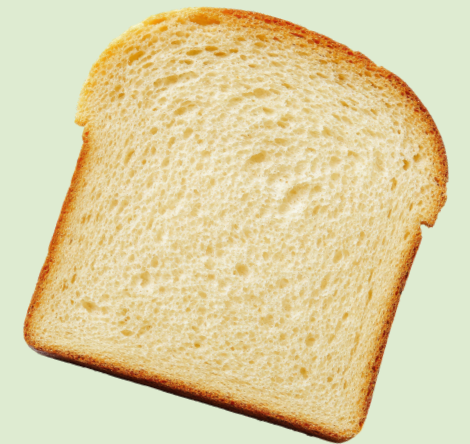
Healthy Fats Vitamin-Rich Essential Vitamins

Added Sugar Natural Sugars Refined Sugar

Fuel Energy Source Sustained Energy

Which is Healthier?

Work with your partner or team.
 Put these foods in order from **least healthy** → **most healthy**.
 Be ready to explain your thinking! Use nutrition vocabulary to explain your choices.



LEAST HEALTHY



MOST HEALTHY

