

HEALTHY FOOD 1

Food is a source of energy that sustains life. However, some foods are not healthy. In this exercise you will have to distinguish between healthy or non-healthy foods.

1. Which of the following is not a tropical fruit?

- orange
- tangerine
- lemon
- apple
- pineapple

2. Select the foods that for a nutritional lunch below.



Name: _____ Date: _____

3. Choose three (3) of the healthiest options for breakfast from below.



4. You are not on a special diet. Choose four (4) of the healthiest options for lunch from below.



Name: _____ Date: _____

5. Your grandfather is on special diet. He has to keep his blood pressure and his cholesterol down. Choose four (4) of the healthiest options for lunch from below.



Name: _____ Date: _____

6. You are not on a special gluten-free diet. Choose three (3) of the healthiest options for dinner from below.



Name: _____ Date: _____

7. Your older sister is on a vegetarian diet. Choose three (3) of the healthiest options for dinner from below.



Name: _____ Date: _____

8. Your grandmother is on a gluten-free diet. She is very active. Choose three (3) of the healthiest options for dinner from below that would satisfy grandmother.



9. Choose two of the healthiest snacks from below.



10. Apples and pears contain an antioxidant called _____.

- flavonoids
- citrus
- polyphenols
- legumes

11. Which of the following statement is not true for what both ginger and onion have in common?

- They are both bulb vegetables.
- They are both aromatic roots.
- They contain a lot of antioxidants.
- They add flavour to the foods we eat.