

# HEALTHY EATING 2

Healthy eating requires a concerted effort on your part and everyone's part. If you fast you would feel your sugar level decreasing, and so you will have less energy to get your chores done.

**Starvation** is not good for the body. As a result, it can lead to the weakening or destruction of your organs and muscles. Some symptoms of starvation are: dry and thin skin; the hair thins and falls out; and if you are young, it can interfere with your brain development and growth. These questions focuses on the need to eat and be healthy.

Maintaining a healthy body weight is important. However, you can find this hard if you indulge in eating too much unhealthy foods, fast foods, or junk foods. Eating unhealthy, or too much fast foods or junk foods, can lead to obesity and digestive issues, stroke, diabetes, cancer, and even death.

The chart below show how much from each category of food one should eat each day. After analyzing the chart, answer the following questions.



## QUESTIONS

1. QUESTION



The school boy is very hungry. If he does not eat on time, what is likely to happen next?

- He will faint.
- He will feel weak with fatigue.
- He will not feel anything at all. The boy is accustomed to skipping meals.
- He will not be able to do his school work.

2. QUESTION



Tommy likes to eat hamburgers every day. What could be the consequences of eating like this?

- Tommy could get diabetes.
- Tommy could get obese.
- Tommy could get lung cancer.
- Tommy would get tired of eating hamburgers.
- Tommy could raise his blood pressure
- Tommy could affect his heart.

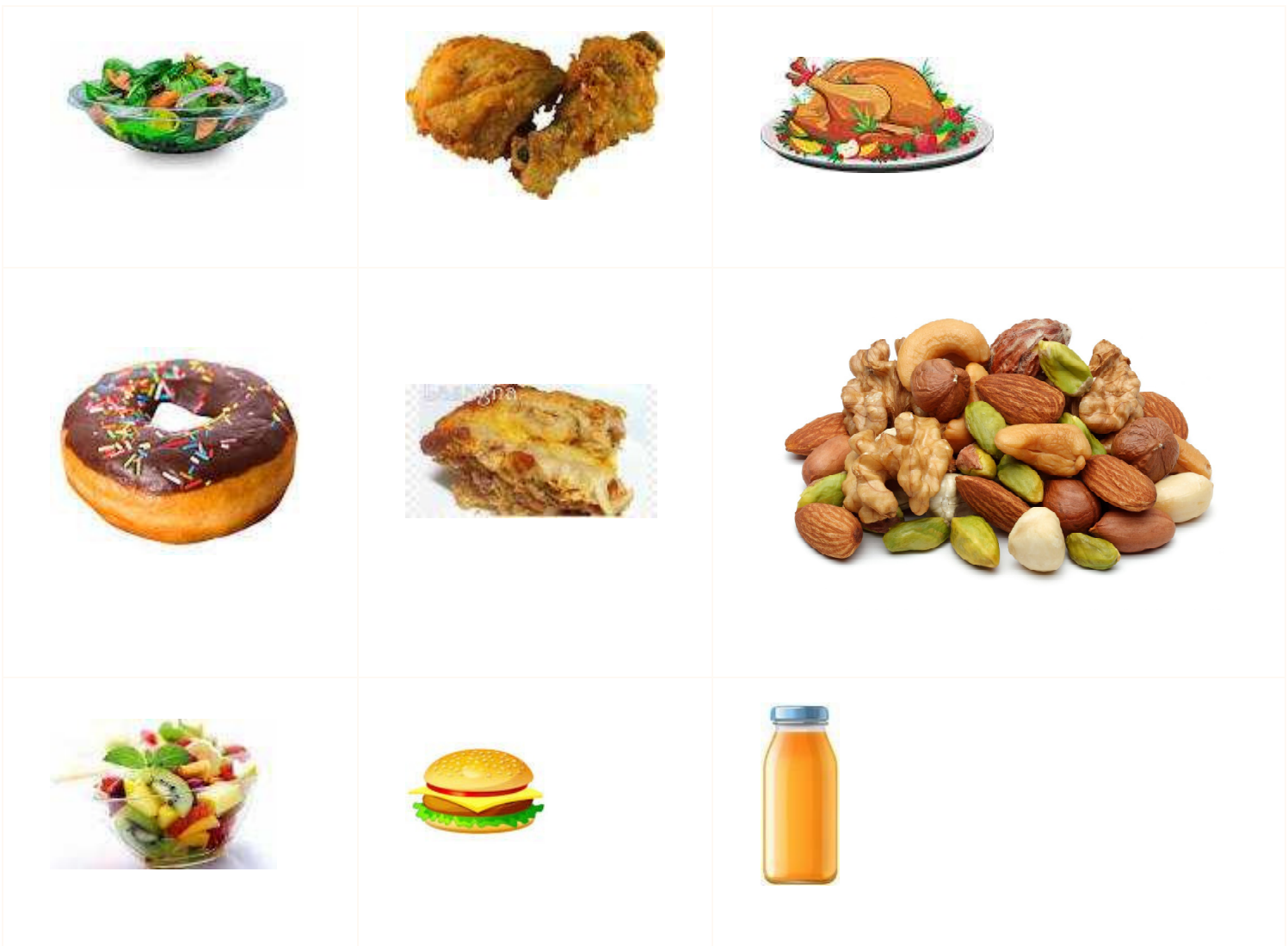
**3. QUESTION**

What is the best advice you would give to Tommy who eats too much hamburgers?

- Avoid fast food restaurants.
- Eat burger as occasional treats.
- Eat smaller burgers.
- Choose healthier options at restaurants.
- Avoid restaurants.
- Make his own burgers.

**4. QUESTION**

Tommy is trying his best to cut down on eating hamburgers. Help him choose the best options at the fast-food restaurant. He has only four (4) options.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

**5. QUESTION**

Name the six food groups in alphabetical order.

\_\_\_\_\_

**6. QUESTION**

Determine if the lunch meal below is a good meal for a young student.



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**7. QUESTION**

Below are the food given to two students. Which lunch is healthier and why?



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 8. QUESTION

Your mom packed your lunch kit. This is what you found in your lunch kit. You were then teased and called “baby” for still eating apples and drinking a fruit juice.



How would you respond to this? Choose your options.

- You ignore them and eat your lunch.
- You feel shame and promise to never eat with your friends in the future.
- You smile and tell them it is tasty and healthy.
- You tease them also about what they are eating.
- You demonstrate how good the food taste.
- How about you? You make terrible choices in food.

### 9. QUESTION

Which of the following is a legume?

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| <input type="checkbox"/> carrots   | <input type="checkbox"/> lentil       |
| <input type="checkbox"/> clover    | <input type="checkbox"/> almond       |
| <input type="checkbox"/> cashew    | <input type="checkbox"/> tamarind     |
| <input type="checkbox"/> broccoli  | <input type="checkbox"/> sesame seeds |
| <input type="checkbox"/> chickpeas |                                       |