



Student Name: _____

Sort into Groups

1. Junk Food

Joe liked junk food.

Which of these foods are healthy and which do we call junk food?

Which foods are difficult to decide on?

chips, salad, roast chicken, kebab, hamburger, falafel, meat pie, fresh fruit, muesli bar, twisties, soft drinks, fruit juice, water, pizza, mixed vegetables, rice, bread, soup, ice-cream, fried fish

Add some more foods to the list...

| Healthy Food | Junk Food | Difficult to Decide |
|--------------|-----------|---------------------|
| | | |

2. Why is it hard to decide if food is junk food or healthy food?

3. Which is your favourite junk food

4. Which is your favourite healthy food?
