

How Healthy Is the Food You Are Eating?

This is a worksheet. It will help you study the food choices you make. It can help you make better choices.

1. Write the foods you ate yesterday, and when you ate them: (banana, coffee, cheeseburger, etc.)

Breakfast	Lunch	Snacks	Dinner

2. Now write your food items again. This time, put each item in its food group.

Grains	Vegetables	Fruit	Milk	Meat & Beans

Did you eat anything from the Oils group? ___ Yes ___ No

If yes, what? _____

Did you eat anything that had a lot of salt? ___ Yes ___ No

If yes, what? _____

Did you eat anything that had a lot of sugar? ___ Yes ___ No

If yes, what? _____

Which of your food choices were healthy?

Which of your food choices were unhealthy?
