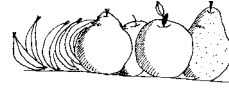


Name _____

Healthy Happenings



1) What is meant by '*unprocessed foods*'? _____

2) What is meant by '*processed foods*'? _____

3) Circle the unprocessed foods.

chips	bananas	yoghurt	lettuce
apples	lollies	cheese	bread
mandarins	carrots	celery	sausage rolls

4) Write 6 processed foods.

(Do not write the ones above.)

5) Is processed or unprocessed foods better for you? _____

6) Make a list of all the processed & unprocessed foods you ate yesterday.

Processed foods I ate yesterday	Unprocessed foods I ate yesterday