Nutrition Sort

Objective:
Students sort foods into two categories: healthy and unhealthy

Materials:
Food cards (pages 2-4)

Set up:
Cut the cards on the dotted lines.

How to play:
Students sort the cards into 2 groups: healthy and unhealthy.

Healthy foods:
grapes, banana, turkey, eggs, apple, broccoli, celery, soup, yogurt, fish, chicken, cheese

Unhealthy foods:
cookies, donut, pop, candy bar, potato chips, brownies, lollipop, cupcake, cake, milkshake, ice cream

Note: Hamburger and pizza could be either healthy or unhealthy, depending on the student’s point-of-view and how the food is prepared.
Healthy

Unhealthy

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banana

potato chips

candy bar
PREVIEW

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- pizza
- celery
- milkshake
brownies  soup  lollipop  

~PREVIEW~

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chicken  cake  cheese