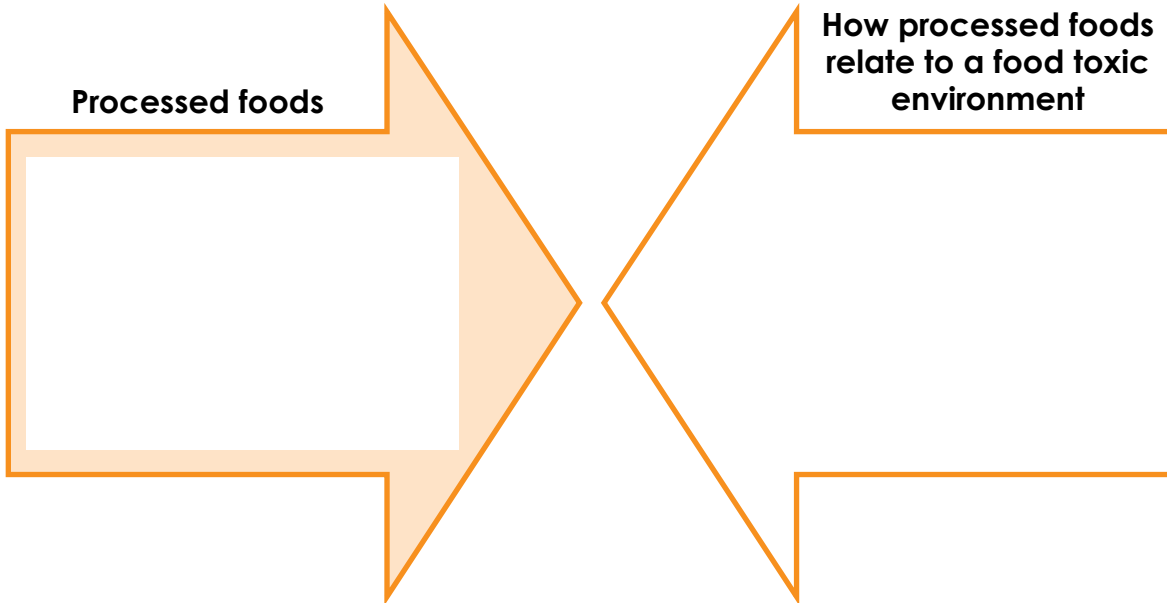
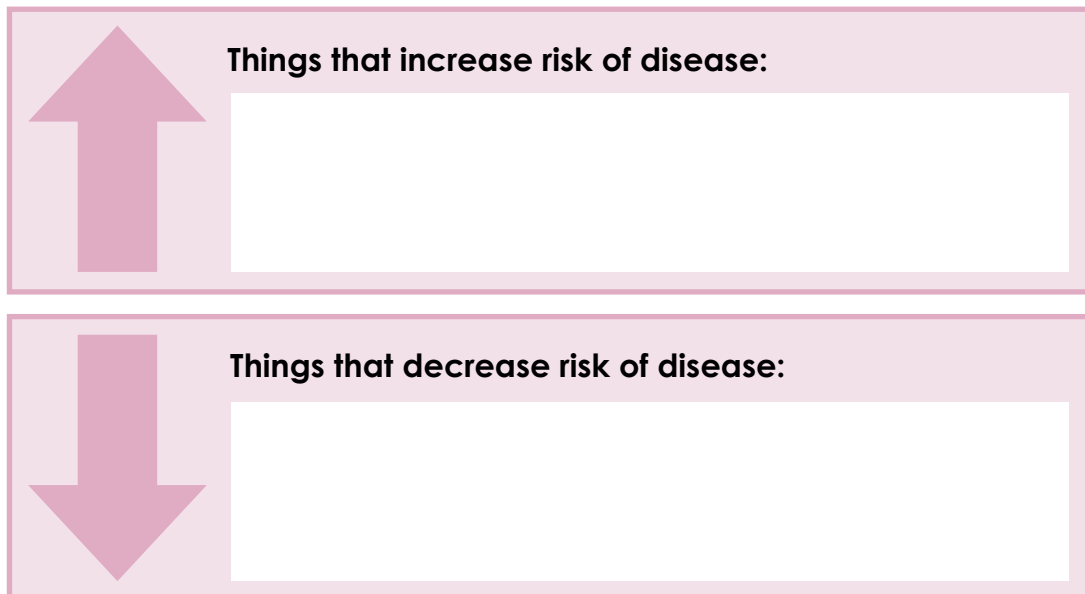


Nutrition, Health, and Disease

1. On the left, describe what processed foods are, and on the right explain how they relate to a food toxic environment.



2. Use the following diagram to identify the parts of a diet that increase and decrease your risk of disease and illness.



Healthy and Unhealthy Fats

3. Compare and contrast saturated and unsaturated fats.

Saturated

Unsaturated

Antioxidants

4. List two foods that can help you and how they can affect you. List two foods that can harm you and how they can affect you.

Helpful foods

How they affect you

--

Helpful foods

How they affect you

--

Harmful foods

How they affect you

--

Harmful foods

How they affect you

--

Tips for Eating Out

5. What are three things you could do to make healthier choices when eating out?

1. _____

2. _____

3. _____

Steps to a Healthy Decision

6. Write down the steps you should use to make a healthy decision, and create your own example to explain each step.

Step	Example
1	
2	
3	
4	
5	

Choosing Healthy Convenience Foods

7. List at least two tips for choosing healthy snacks and then give at least five healthy snack options.

Tip 1	Tip 2
Healthy Snack Options	