**Healthy/Unhealthy Food Sort **

**During snack/lunch time in our classroom, we discuss the different foods our friends are eating. We ask each other a few of these questions.**

* **Is your food healthy or unhealthy?**
* **How do you know the difference?**
* **How can we make healthier choices?**
* **How do healthy foods help our bodies?**
* **How do unhealthy foods make us feel?**
* **What is your favorite food from each group?**

**Draw, paint, print, or cutout pictures of healthy and unhealthy foods. Sort the foods into two groups.**

**Group 1. Healthy Foods**

**Group 2. Unhealthy Foods**

**Below is an example of my food sort! Yummy! 😊**

1. **Healthy 2. Unhealthy**

|  |  |
| --- | --- |
|     |         |
|  |  |