Healthy or Unhealthy

twinkl

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Look at the food below.
Decide whether each piece is healthy or unhealthy.

Healthy

Unhealthy

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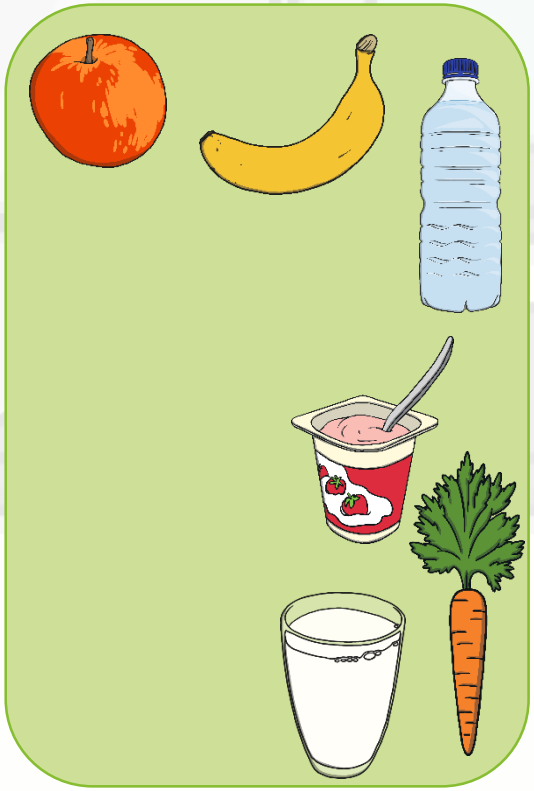
Look at the food below.
Decide whether each piece is healthy or unhealthy.

Healthy



Unhealthy

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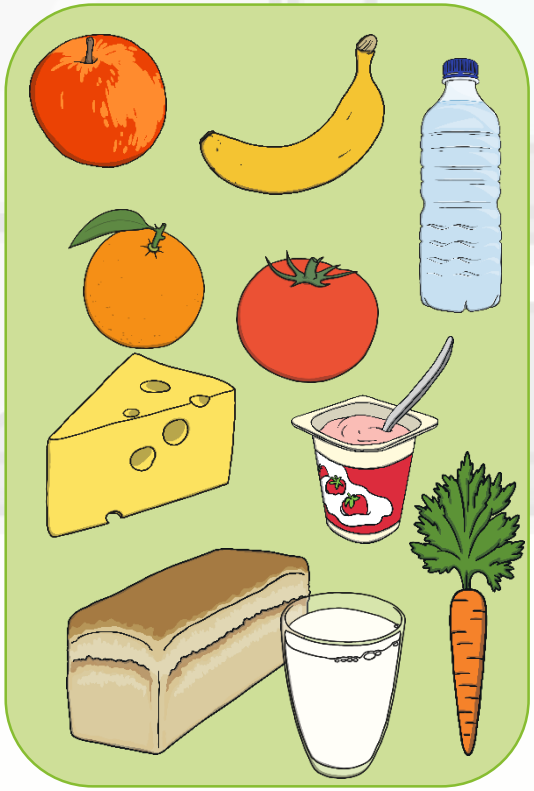
Well Done!

Healthy



Unhealthy

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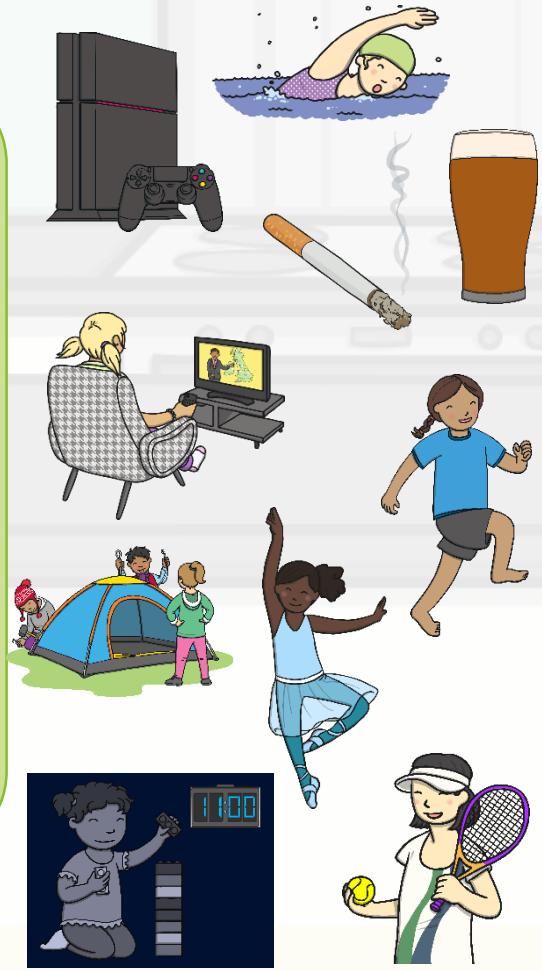
Look at the activities below.
Decide whether each one is healthy or unhealthy.

Healthy



Unhealthy

twinkl.com

Well Done!

Healthy

Unhealthy

twinkl.com

Remember!

Healthy

If something is unhealthy, it doesn't mean you can't have it anymore! Some unhealthy foods and activities can be fine in moderation.

Unhealthy

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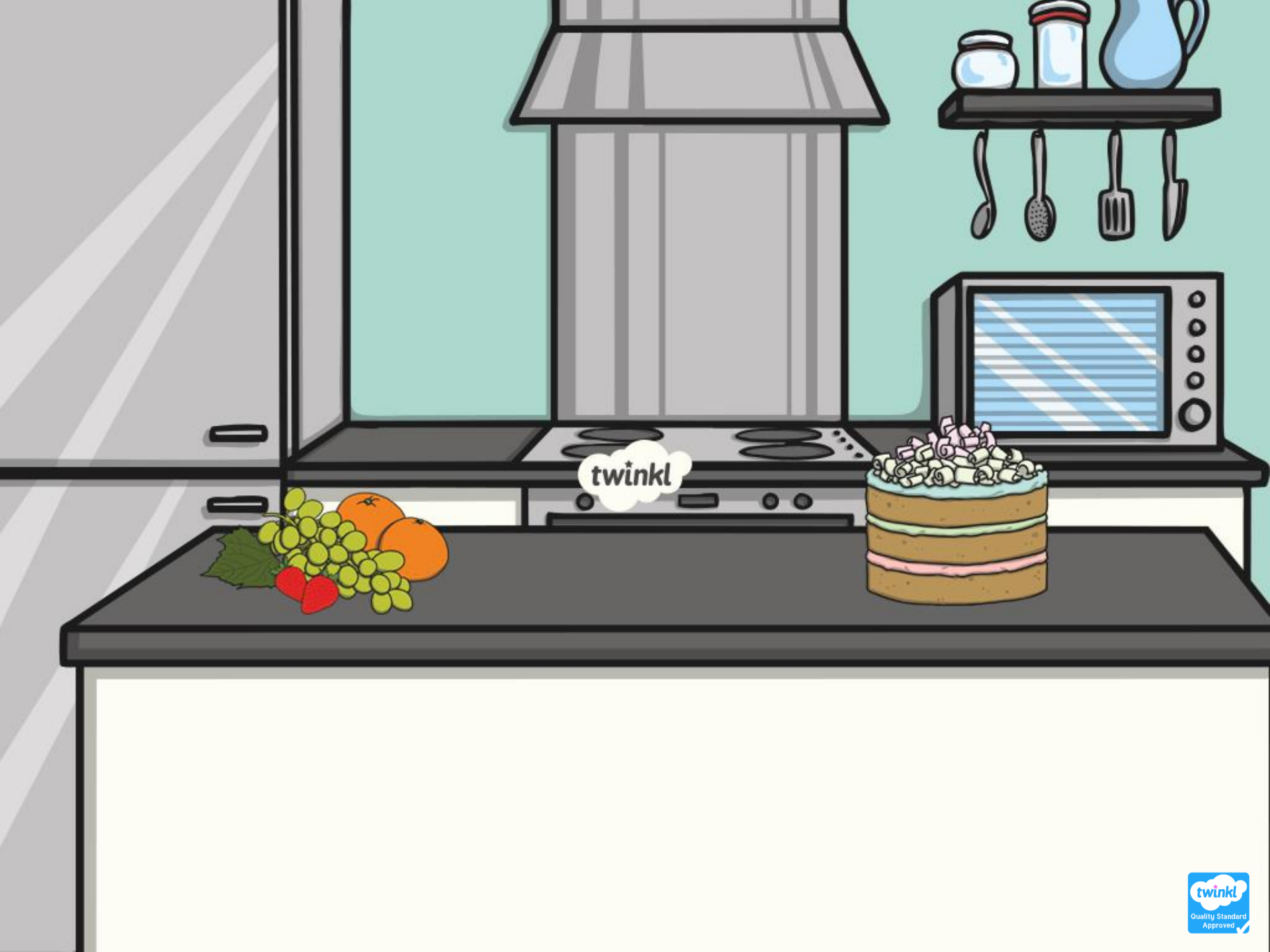

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