Healthy or not?

 Natural foods like vegetables, fruits, nuts, eggs, meats, whole grains, etc.

 contain different assortments of nutrients.

 Would you consider each meal healthy or not?

 **Explain your answer in the box.**

 **A**



**B**





**C**

**D**



9) Out of the meals listed above (A, B, C, and D), which one do you think is the healthiest balanced diet?

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10) Out of the meals listed above (A, B, C, and D), which one do you think is the least healthy diet?

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