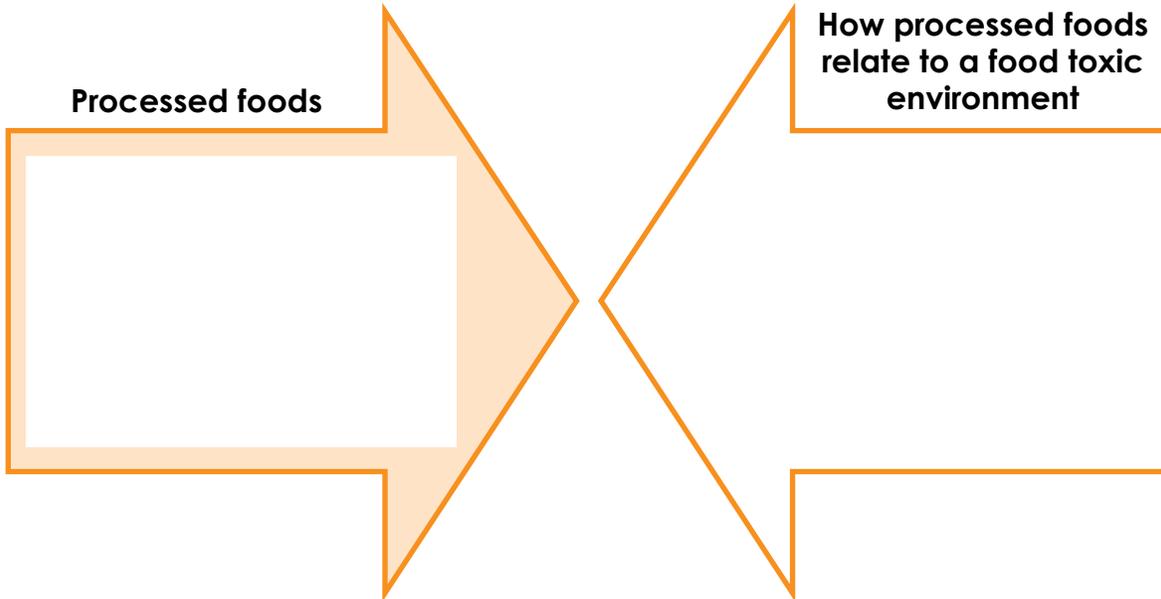
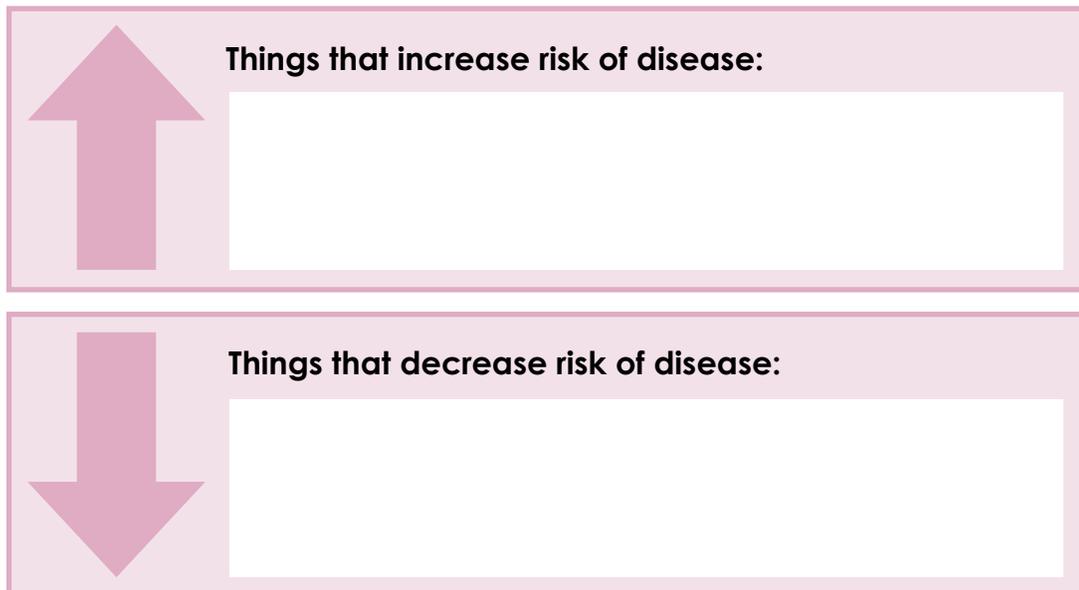


Nutrition, Health, and Disease

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.

| | |
|-------------------------------------------------------|-------------------------------------------------------|
| <p>Helpful foods</p> | <p>Helpful foods</p> |
| <p>How they affect you</p> | <p>How they affect you</p> |
| <p>Harmful foods</p> | <p>Harmful foods</p> |
| <p>How they affect you</p> | <p>How they affect you</p> |

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 | |
| | |
| | |
| | |
| | |
| | |
| | |