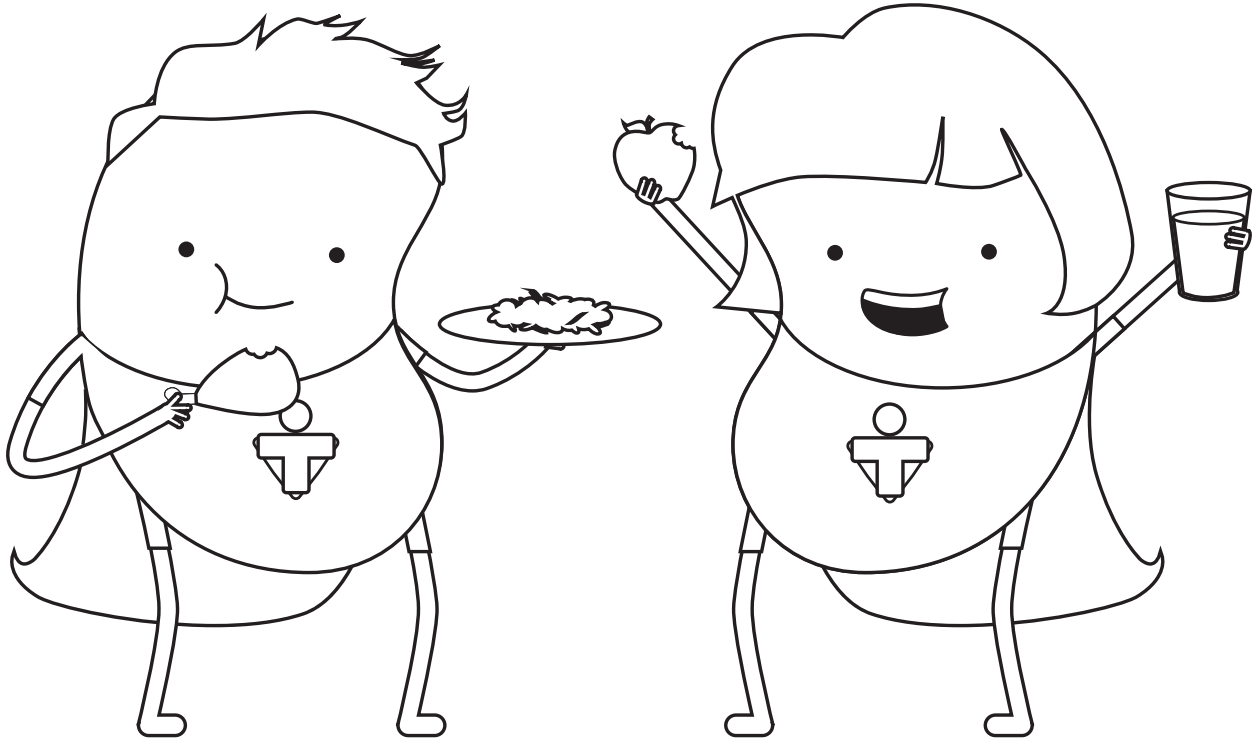




HEALTHY KIDNEYS

HEALTHY EATING ACTIVITY SHEET



HEALTHY EATING

Don't all these foods look delicious? Let's take a closer look. Some of them might taste good but they aren't very healthy for your body.



Draw a GREEN circle around all the Whole Foods we should choose first.

Whole foods are healthy foods that come from plants and animals! They have lots of different nutrients our bodies need. Healthy foods make us strong and feel good.

Draw a big RED "X" on the foods that you shouldn't eat.

These are foods to avoid. Sometimes they are called "junk" foods. They have lots of added salt and sugar. It helps if you don't have junk food in the house!

Colour the foods that we should choose sometimes YELLOW.

These foods are okay to eat sometimes, but not all the time. They are prepared and pre-seasoned, and can often have more sugar and salt.

SUGAR WORD SEARCH

Can you find all these names for sugar? Remember, they can be forwards, backwards or diagonal.

R	C	R	H	Q	Y	Z	E	F	P	F	X	L	E	M
Q	A	O	A	W	G	J	Z	U	A	R	R	G	B	W
P	H	T	R	G	E	D	R	F	W	U	A	V	F	O
L	P	T	C	N	U	Y	N	A	N	C	G	D	J	U
V	U	X	Y	E	S	S	I	L	K	T	U	V	S	U
P	Q	F	S	E	N	Y	W	Q	J	O	S	U	L	Z
I	C	I	L	U	F	E	R	A	H	S	N	P	Z	Y
C	I	P	R	O	C	P	V	U	R	E	W	F	X	M
A	A	H	V	L	I	R	F	A	P	W	O	E	D	E
M	S	E	S	S	A	L	O	M	G	B	R	S	S	H
S	A	C	C	H	A	R	O	S	E	A	B	O	W	O
S	O	R	G	H	U	M	R	U	E	J	T	C	K	N
C	S	F	I	W	Z	B	D	X	T	C	I	U	V	E
L	J	T	Z	D	C	J	X	I	A	X	E	L	D	Y
V	K	Z	A	R	L	D	V	L	M	N	C	G	Y	N

AGAVE NECTAR
BROWN SUGAR
CORN SYRUP
FRUCTOSE
GLUCOSE
HONEY
LACTOSE
MAPLE SYRUP
MOLASSES
RAW SUGAR
SACCHAROSE
SORGHUM
SUCROSE

And there's more! Use the "sugar code" to fill in the missing letters and discover all the other words for sugar.

S = 1
U = 2
G = 3
A = 4
R = 5

F52CTO1E
1TEVI4
DEXT5IN
B45LEY M4LT 1Y52P
C4NE C5Y1T4L1
CO5N 1WEETENE5
C5Y1T4LLINE F52CTO1E
DEXT5O1E
F52IT J2ICE CONCENT54TE

HI3H-F52CTO1E CO5N 1Y52P
INVE5T 12345
M4LTODEXT5IN
M4LT 1Y52P
M4LTO1E
T5E4CLE
T25BIN4DO 12345
XYLO1E

Now that you know all the words for sugar, remember to check the food label!

IMPORTANT THINGS I LEARNED:

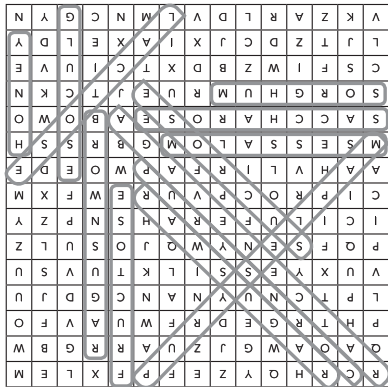
- _____
- _____
- _____
- _____
- _____

ACTIVITY ANSWER KEY:

Now that you know all the words for sugar, remember to check the food label!

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> FRUIT JUICE CONCENTRATE HIGH-FRUCTOSE CORN SYRUP INVERT SUGAR MALTOSE MALTODEXTRIN MALT SYRUP TURBINADO SUGAR XYLOSE | <ul style="list-style-type: none"> FRUCTOSE STEVIA DEXTRIN BARLEY MALT SYRUP CANE CRYSTALS CORN SWEETENER CRYSTALLINE FRUCTOSE DEXTROSE | <p>S = 1
U = 2
G = 3
A = 4
R = 5</p> |
|---|---|--|

And there's more! Use the "sugar code" to fill in the missing letters and discover all the other words for sugar.



- AGAVE NECTAR
- BROWN SUGAR
- CORN SYRUP
- FRUCTOSE
- GLUCOSE
- HONEY
- LACTOSE
- MAPLE SYRUP
- MOLASSES
- RAW SUGAR
- SACCHAROSE
- SORGHUM
- SUCROSE

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