

Name :

Date :

HEART-HEALTHY CHOICES SMART EATING ACTIVITY!

Sort the food list into **Nutritious Foods** or **Junk Food**.
Cut and paste each name into the correct category.

Nutritious Foods	Junk Food

Oatmeal	Soda	Chocolate Bar	Nuts
Hot Dog	Cupcakes	Candy	Donuts
French Fries	Apple	Grilled Chicken	Whole Wheat Bread
Ice Cream	Carrots	Potato Chips	Salmon
Broccoli	Fried Chicken	Bananas	Milk