**NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CLASS\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PROCESSED FOOD**

1. What is processed food?

2. What are examples of processed food? Name 10-15.

3. Effects on the body if we eat processed food?

4. What are you eating daily that is processed food?

5. What is the difference between processed foods vs. whole foods?

6. Come up with a three meals for each day of the week that is nutritious with nutrients and limits the intake of processed food.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| BREAKFAST |  |  |  |  |  |
| SNACK |  |  |  |  |  |
| LUNCH |  |  |  |  |  |
| SNACK |  |  |  |  |  |
| DINNER |  |  |  |  |  |