

Healthy vs Unhealthy Food Sort and Plate Colouring

Sort • Colour • Learn

Student Details

Name:

Class:

Date:

Teacher:



Food Sort

What children will practice: Identifying healthy and unhealthy foods, sorting, and colouring a balanced plate.

Food Sort:

1. Look at the food pictures together.
2. Sort them into Healthy or Unhealthy.
3. Talk about why each food is healthy or unhealthy.

Food Plate Colouring:

1. Colour the sections of the plate.
2. Draw or colour healthy foods in each section.
3. Talk about eating a variety of foods.

Tips:

- Use real food pictures or stickers if available.
- Keep the conversation positive.
- These pages work well for health topics.

Pages included:

- Healthy vs Unhealthy sort
- Cut and sort food cards
- Food plate colouring
- Extra practice

Healthy vs Unhealthy Food Sort

Sort the foods into Healthy or Unhealthy.

Healthy

Unhealthy

Apple

Chips

Carrot

Sweets

Banana

Cake

Cut and Sort Food Cards

Cut out the cards and sort them.

Broccoli

Chocolate

Orange

Biscuits

Milk

Ice Cream

Grapes

Fizzy Drink

Cheese

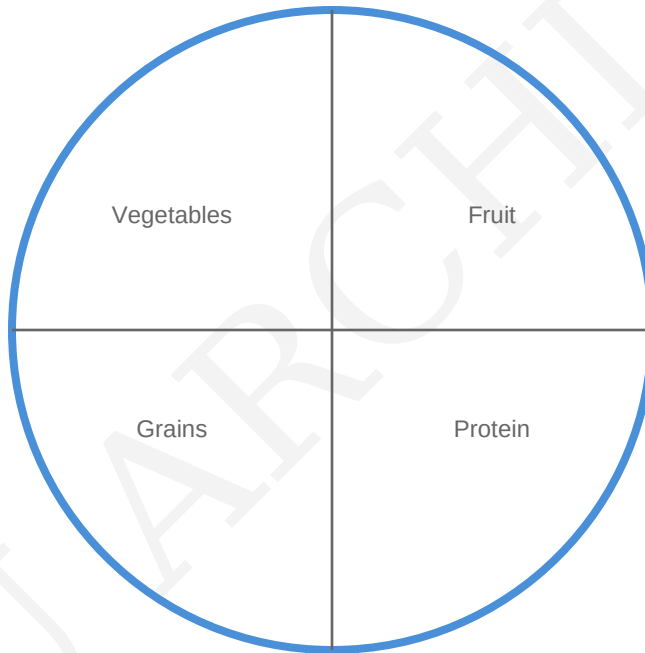
Crisps

Pear

Candy

Colour the Food Plate

Colour the plate and draw healthy foods.



More foods to sort.

Healthy

Unhealthy

Yoghurt

Lollipop

Cucumber

Doughnut

Strawberry

Pizza