



What's Healthy?

Look at each set of three words and rewrite them in the order from most healthy to least healthy.

				Most Healthy	Less Healthy	Least Healthy
Potato Chips	Popcorn	Pretzels	▶	Popcorn	Pretzels	Potato Chips
Candy	2 Fig Newtons	Fruit Roll-Up	▶			
Frozen Yogurt	Ice Cream	Frozen Fruit Pop	▶			
Fruit Smoothie	Milkshake	Sugary Soda	▶			
Double Cheeseburger	Turkey Sandwich with Whole Wheat	Hamburger with Lettuce and Tomato	▶			
Cheeze Pizza	Vegetable Pizza	Pepperoni Pizza	▶			