Activity 6. Write four healthy foods and four unhealthy foods and explain why they are like that.

Remember:

- **Healthy foods** are the food that **gives us energy, protects and builds our bodies**.
- **Unhealthy foods** are the food that **makes us ill if we a lot of them**.

For example:

- Chocolate is unhealthy because makes us ill if we eat a lot of them.
- Fish is healthy because gives us energy, protect and build our bodies.
- Vegetables are healthy because give us energy, protect and build our bodies.
- Chips are

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