

Name: _____

Making Healthy Choices

1. Where can you find starch and fiber?

2. What is starch?

3. What is fiber?

4. Where can you find saturated fat?

5. What does animal fat contains?

6. List two ways of avoiding fats:

7. Too much of sodium in your body can lead to what?

8. Why is caffeine bad for you?

9. What does sugar contributes to?

10. Why too much of sugar is bad for you?
