Skills Worksheet

Concept Review

Section: Choosing a Healthful Diet

For each of the foods listed below, suggest a more healthful substitute. How does the substitute help you better meet your body’s needs?

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| Instead of . . . | I could have . . . | For the following health benefit: |
| soda with my meals | water or skim milk | to lower my intake of added sugar |
| a fast-food cheeseburger with fries | 1. | 2. |
| potato chips | 3. | 4. |
| fired chicken | 5. | 6. |
| a sandwich on white bread | 7. | 8. |
| sour cream chip dip | 9. | 10. |
| cake with ice cream for dessert | 11. | 12. |
| white rice | 13. | 14. |
| candy for snacks | 15. | 16. |

17. What makes a food a “junk food”? Summarize the role junk food can play in a healthful diet.