Junk Food vs Healthy Food



What Is Junk Food?

- Junk food is food that offers little nutritional value and is often high in added sugar, salt, or unhealthy fats.

Choose Healthy!

Eat Good!



What is Healthy Food?

- **Healthy food** is food that gives our body essential nutrients, helps us grow, keeps us strong and energetic, and supports overall good health.

Nutritious Food

Good for You!



Let's Imagine!

You are very hungry and decide to eat at a fast-food restaurant.

What would you like to eat?

Here is one example of a meal:

- One cheeseburger
- A large packet of French fries
- One glass of cold drink
- One ice cream sundae

Think About It:
Do you think this meal is healthy to eat every day?



Do You Realize What You Have Just Eaten?



Nutrition facts

-	Total amount	GDA (for an adult man)
CALORIES	2010kcl	2500kcl
TOTAL FATS	85g	95g
SATURATES	36g	30g
CARBOHYDRATES	251g	300g
SUGARS	133g	120g
FIBER	10g	24g
PROTEIN	67g	55g


Types of
Junk Foods

How Does Junk Food Harm Your Health?

Lack of Energy



Junk food gives your body less energy. You may feel tired and not have energy to play and learn.

Laziness



You may feel lazy and not want to be active.



Heart Health



Junk food can hurt your heart and make it weak over time.

High Cholesterol



It can increase unhealthy cholesterol in your body.

Poor Concentration



It can be hard to focus in class and remember things.


Types of
Healthy Foods

Benefits of Eating Healthy Food

1. Gives you energy to play and learn.



2. Helps you grow strong and healthy.



3. Keeps your heart healthy.



4. Helps you stay active and fit.



5. Helps you focus and do well in studies.

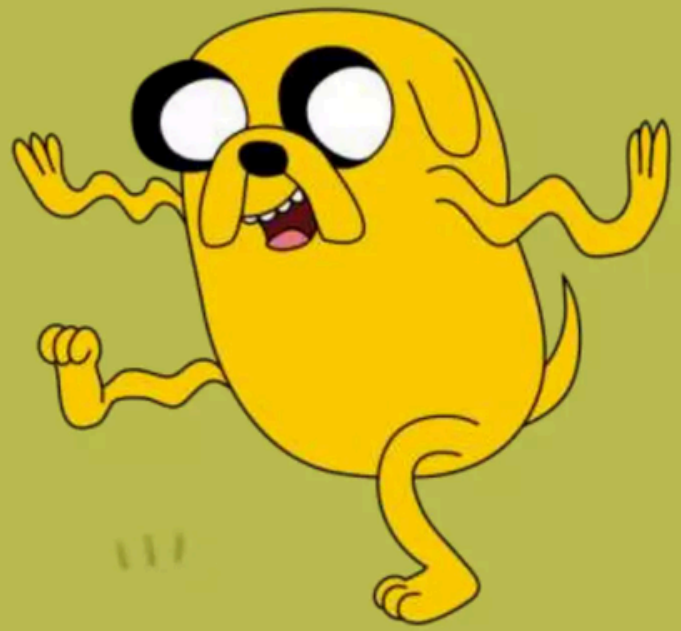




LET'S PLAY A GAME!

- **Pick a character.**







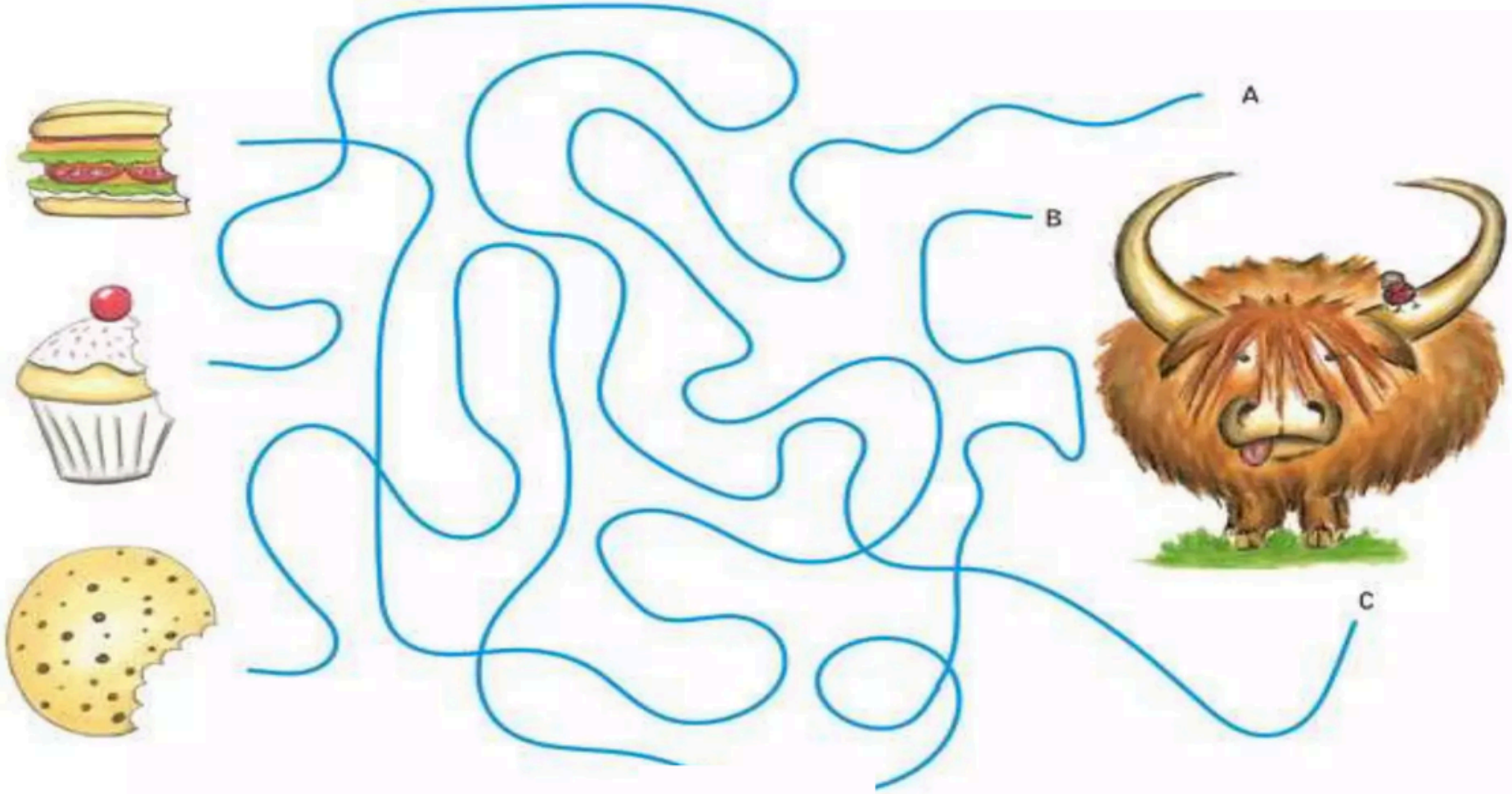
Spot the difference

“There are 15 differences between the two pictures.”

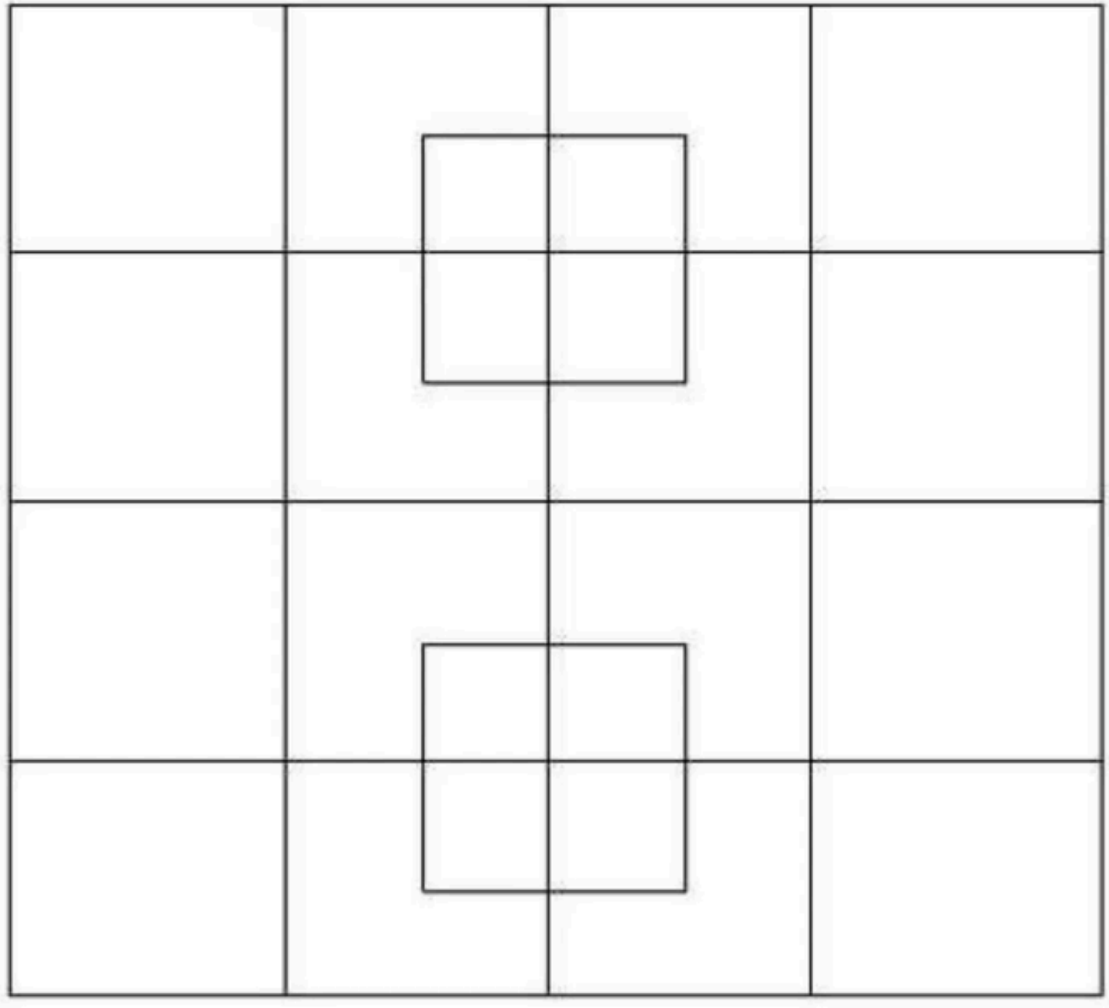


Hungry Hettie Maze

- Hettie is very hungry. Can you help her find her way to the sandwich, the cupcake and the cookie?



How many squares do you see?



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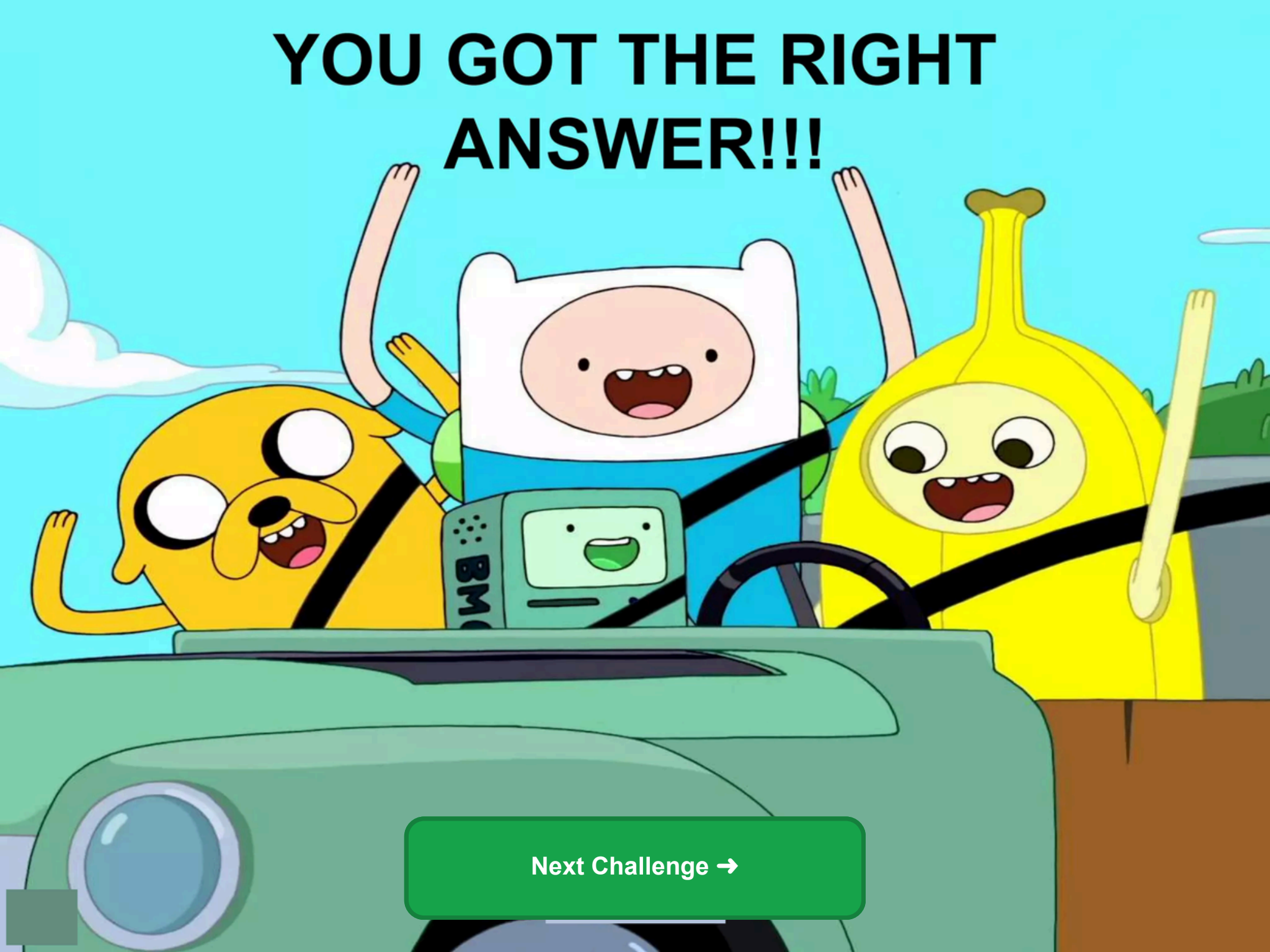
YOU GOT THE RIGHT ANSWER!!!



Next Challenge ➜

How much exercises do we need to burn off this junk food.



BURGER

300 kcal

⚡ 30 Mins Running

Play football, tag, or sprint with friends!



FRENCH FRIES

380 kcal

⚡ 45 Mins Cycling

Ride your bicycle or roller-skate in the park!



FIZZY SODA

150 kcal

⚡ 20 Mins Skipping

Jump rope or do energetic jumping jacks!



ICE CREAM

350 kcal

⚡ 40 Mins Dancing

Dance to your favourite songs or go swimming!

🌟 **HEALTHY LIVING CHAMPIONS • K.R. MANGALAM WORLD SCHOOL, PANIPAT** 🌟

Class 2 Super Rule: Eat fresh fruits & vegetables, drink lots of water, and play outdoors every single day!