









Challenge! Healthy vs Unhealthy food – Snacks!

Mr Turner wishes to eat healthier as part of his new year's resolution. He has written all of the food down that he ate in 1 week. He noticed that he eats mostly unhealthy foods for snacks.

Challenge - Produce Mr Turner a list of unhealthy snacks and make suggestions in ways he could swap to a healthier alternative.

| Unhealthy snack | Healthy snack |
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