

1. Answers will vary. Students might say that most, if not all grocery stores, sell some “junk” foods that have little or no nutritional value.
2. Answers will vary. Students might mention various fruits, vegetables, dairy products, and meats.

3. Possible examples are fatty meats, processed foods with high sodium or saturated fat levels, or any food that is overconsumed.

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1. Do you think all the foods sold in this grocery store provide healthful nutrients for your body? Explain your answer.
2. Which kinds of food do you think would provide good nutrition?
3. What are some examples of foods which provide nutrients yet also pose a health risk?