



Fresh Food for Everybody!



1. Name at least three healthy foods of which you would like to eat more.

2. Why is processed, or refined food less healthy than whole food?

3. Why is junk food bad for us?

4. What does food security mean?

5. How can neighborhoods in San Francisco and other cities bring healthier food into their community?



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Answers:

1. Name at least three healthy foods of which you would like to eat more.

Fresh fruits, fresh vegetables, beans, nuts, seeds, whole grains.

2. Why is processed, or refined food less healthy than whole food?

Processed, or refined food is less healthy because it is missing many nutrients that are naturally found in whole foods.

3. Why is junk food bad for us?

Too refined; contains harmful chemicals; contains too much salt, sugar, and fat; does not have enough nutrients or vitamins; can make our bodies sick and make our bodies too heavy or overweight.

4. What does food security mean?

Food security means that everybody, no matter where they live, has the ability to get fresh foods that are healthy and affordable.

5. How can neighborhoods in San Francisco and other cities bring healthier food into their community?

Ask small stores to carry healthier foods; grow community gardens; start a Farmers' Market.