

Whole/Natural Foods vs Processed Foods: What's the Difference?



- View the YouTube Clip: [“What are Whole Foods vs Processed Foods?”](#)
- Read each of the characteristics below and decide whether it represents whole foods or processed foods. Write the number of the characteristics in the appropriate box below.
- Use the characteristics to sort the food examples into the appropriate column.

Whole		Processed	
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#4—contain a peel; grown in the dirt

#1--found in the center aisles of the grocery store

#6—often contain nutrition claims

#19—nutrient dense

#2—breaks down; rots

#3—huge advertising budget

#7—made up of junk foods or fast foods

#5—long, unrecognizable ingredient list

#8—come in odd, unique shapes

#11—found in the outer perimeter of the grocery store

#9—come in perfectly round, cylindrical or rectangle packages

#10—a caveman would have eaten these foods

#14—long shelf life

#12—produced in a factory

#15—not highly advertised

#17—no ingredient list

#13—contributes to diabetes, obesity and other health concerns

#18—sold by the pound

#16—usually from a box or vending machine