

Superfoods v. Junk Foods



View: Youtube Clip titled "Why Junk Food is Junk & Superfoods Super"

<http://www.youtube.com/watch?v=VLFWiL-phT4>

The video discusses five factors that determine whether a food is junk or super. Define each and then circle whether junk and super foods are high

or low in each category and give an example of each.

Define:

Nutrient Density: _____

Junk Foods:	High	Low	Example:
Superfoods:	High	Low	Example:

Define:

Caloric Density: _____

Junk Foods:	High	Low	Example:
Superfoods:	High	Low	Example:

Define:

Fiber: _____

Junks Foods:	High	Low	Example:
Superfoods:	High	Low	Example:

Define:

Glycemic Index: _____

Junk Foods:	High	Low	Example:
Superfoods:	High	Low	Example:

over

Define:

Natural Foods:

Junk Foods: Yes No Example:

Superfoods: Yes No Example:

Define:

Processed Foods:

Junk Foods: Yes No Example:

Superfoods: Yes No Example: