

SOLUTIONARY

ACTIVITY 1 OF MODULE 7

FOOD CLASSIFICATION		
Consume more often	Consume moderately	Consume less often
Pieces of cheese	Seasoned cheese spread	Breaded cheese sticks
Homemade oatmeal	Store-bought bags of flavoured oatmeal	Sweet cornflakes cereals
Homemade macaroni and cheese	Macaroni with grocery store cheese sauce	Macaroni and cheese (in a box)
Vegetable pizza on pita bread	Store-bought vegetable pizza	Frozen or restaurant all dressed pizza
Water	Coffee with milk and ice	Flavoured iced coffee in a bottle or from the restaurant
Ground meat	Italian sausage	Hot dog sausage