Child
Unplugged



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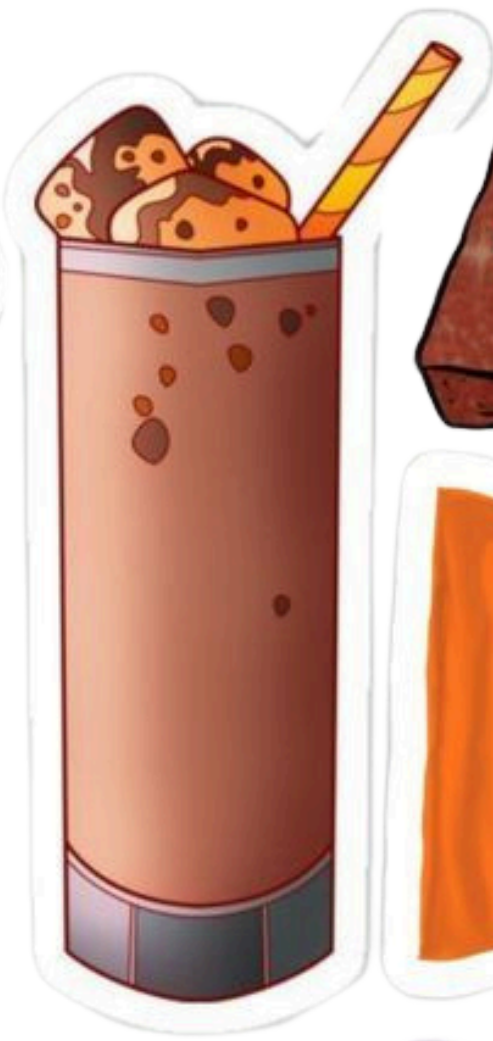

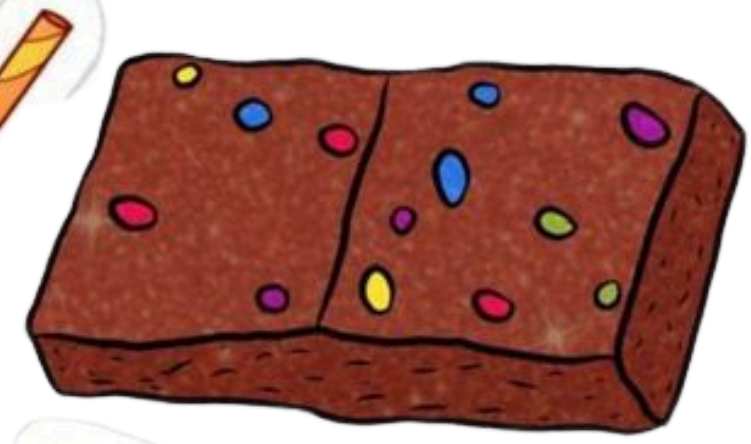





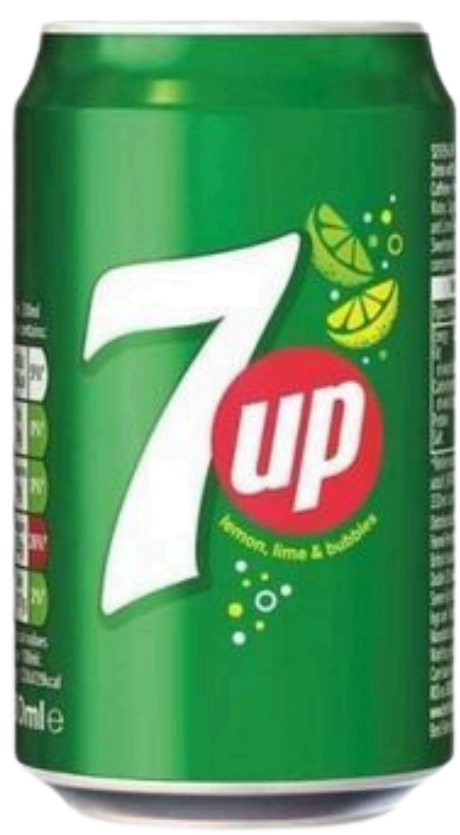













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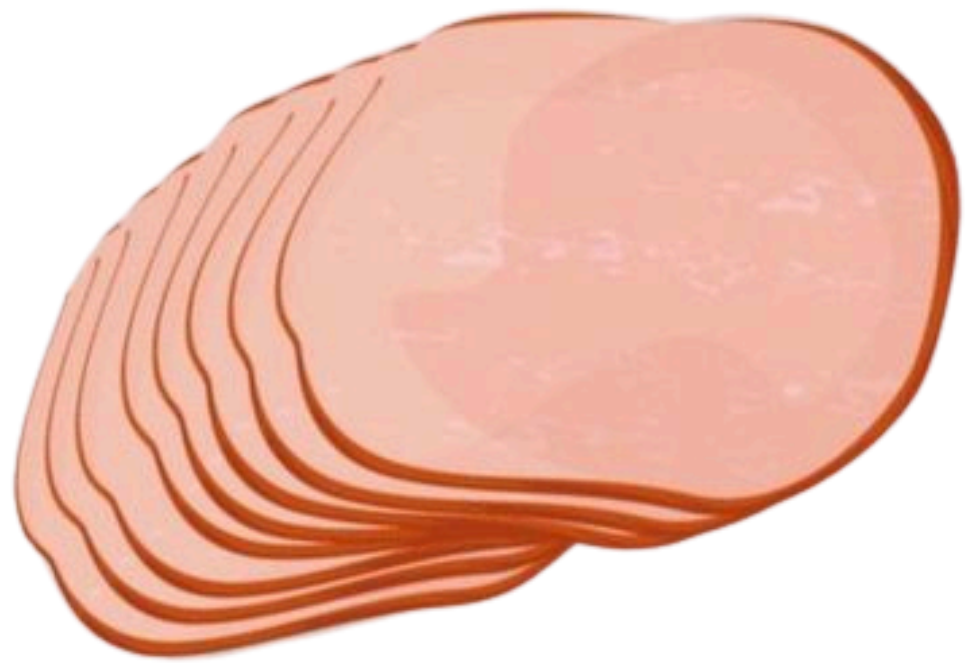



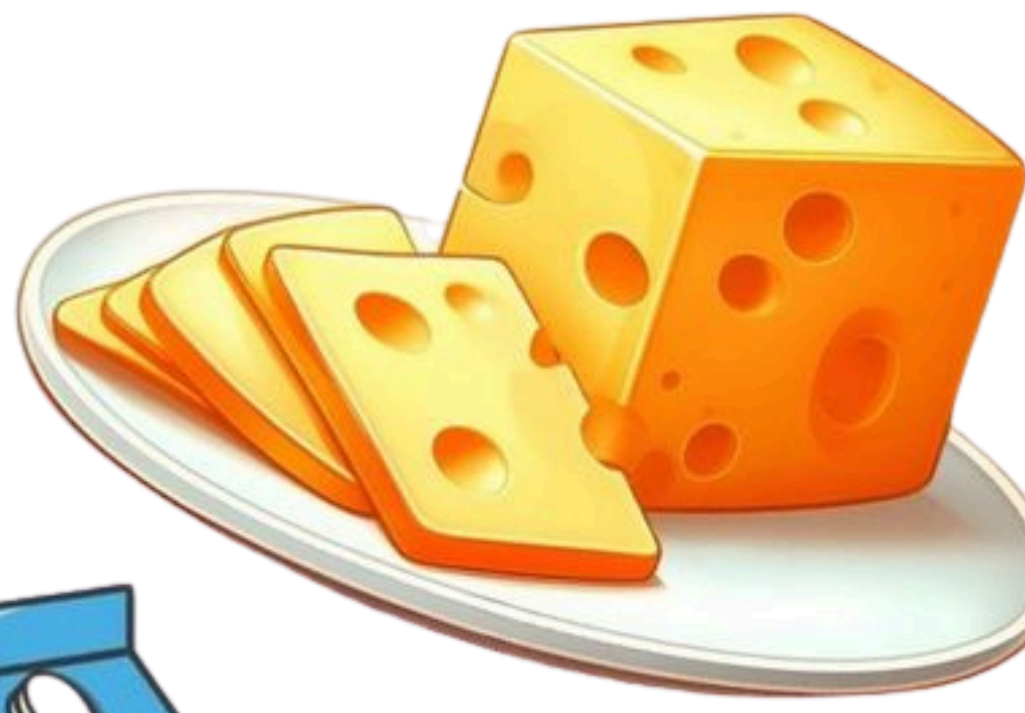





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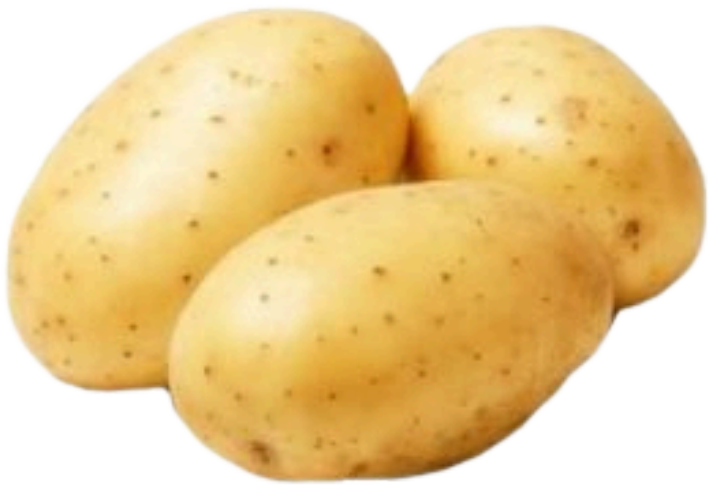





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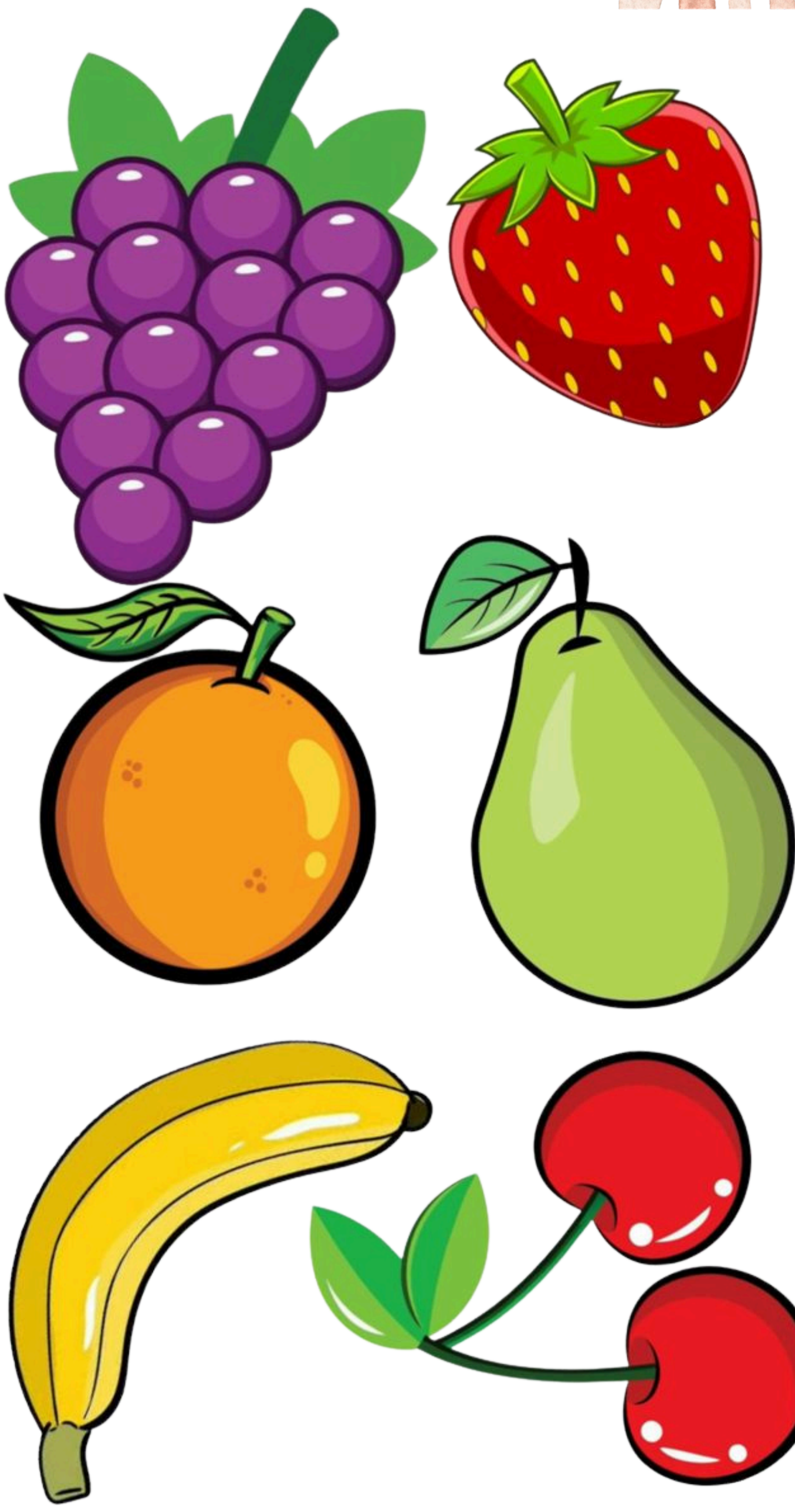

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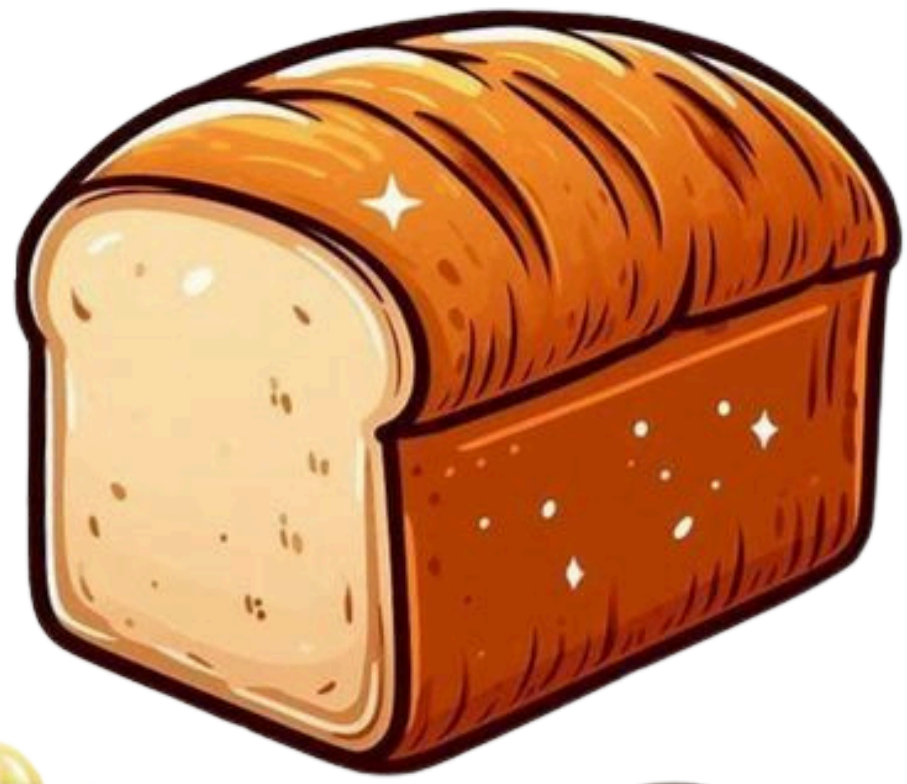





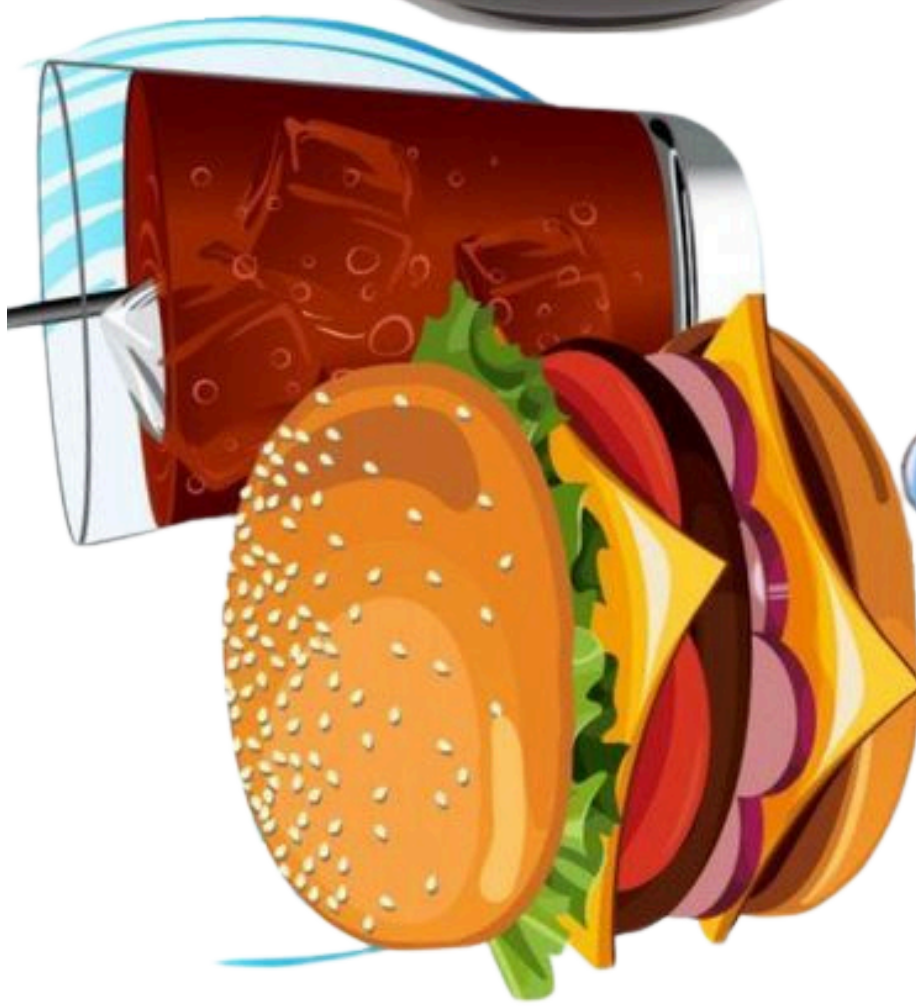







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Healthy/Unhealthy-Kids Activity.

This fun, hands-on sorting activity helps children learn to distinguish between healthy and unhealthy foods using laminated picture cards. By placing food items under the correct category, kids build nutrition awareness, decision-making skills, and early categorization abilities—all through interactive play. Perfect for classrooms, home learning, or nutrition-themed lessons!

What You Need:

- Printed and laminated images of various foods (mix of healthy and unhealthy)
- Two label cards: "Healthy" and "Unhealthy"
- Scissors (for cutting out food images)

What To Do:

1. Lay out the “Healthy” and “Unhealthy” labels.
2. Have kids sort the laminated food pieces under the correct category.
3. Talk about why each food is healthy or not.
4. Mix and repeat for reinforcement!