**Health Questions**

1. What makes a meal healthy?
2. Is a plate of spaghetti a balanced meal? Why or Why not?
3. Is chocolate milk a healthy choice? Why or why not?
4. Are French fries a healthy choice? Why or why not?
5. Are hotdogs, fruit roll ups or lunchables a healthy choice? Why or why not?
6. Is white bread a healthy choice? Why or why not?
7. Is an apple a good meal for breakfast? Why or why not?