

Jam = less healthy

Chicken = healthy

Cake = less healthy

Coke = less healthy

Biscuits = less healthy

Sweets = less healthy

Fish = healthy

Ice cream = less healthy

Apple = healthy

Hamburger = less healthy

Beef = healthy

Orange juice = healthy

Cucumber = healthy

Peas = healthy

Water = healthy

French fries = less healthy

Rice = healthy

Milk = healthy

Chocolate = less healthy

Eggs = healthy