

High or Low?

To explain how diet affects the way the body functions.

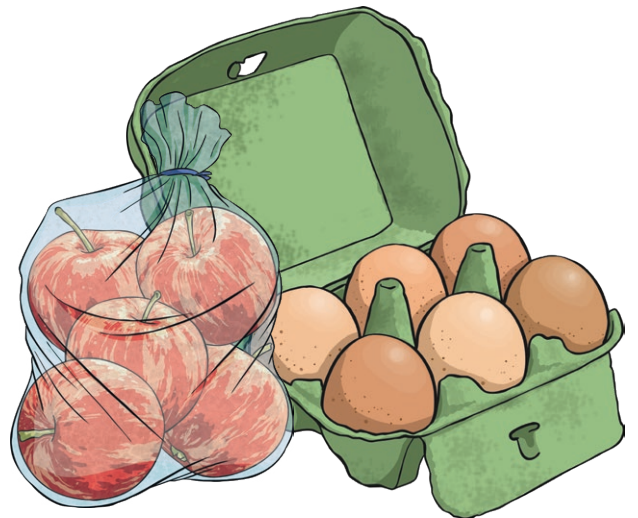


Cut out the food types at the bottom of this sheet and try to order them from lowest to highest amounts of cholesterol below.

Lowest

Which foods do your group think are the highest in cholesterol?

Why?



Highest

semi-skimmed milk	salmon	vegetable oil	baked potato	apples
eggs	chicken breast	celery	cheddar cheese	