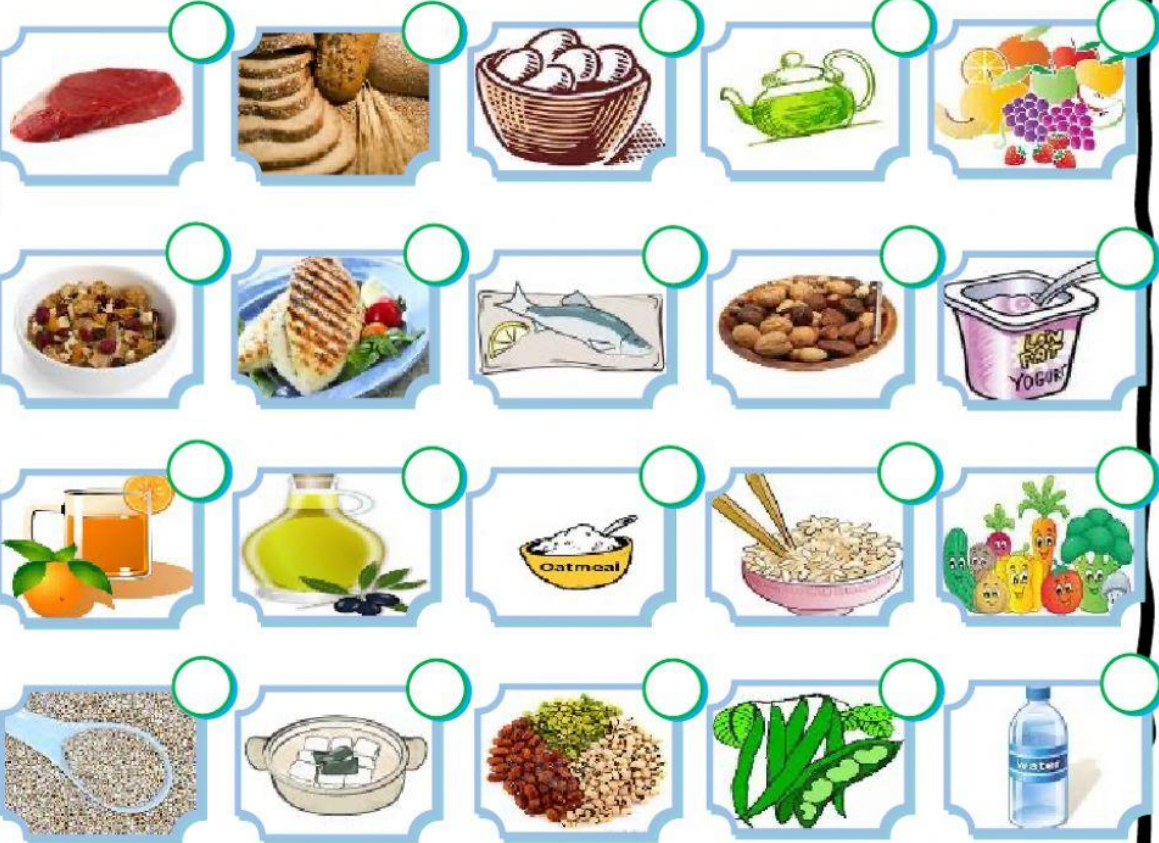


## ACTIVITY 1:

-Mr Syuhailmi-SKLJ 2021

Match the pictures with the words.



Fruit

1

Vegetables

2

Yogurt

3

Quinoa

4

Whole grain  
bread

5

Grilled chicken  
breast

6

Orange  
juice

7

Fish

8

Brown  
rice

9

Legumes

10

High fibre  
cereal

11

Nuts

12

Oatmeal

13

Tofu

14

Water

15

Eggs

16

Green beans

17

Green tea

18

Olive oil

19

Lean beef

20



Can you name  
other healthy  
food? Write  
your answers  
here:

1. \_\_\_\_\_ 2. \_\_\_\_\_  
3. \_\_\_\_\_ 4. \_\_\_\_\_