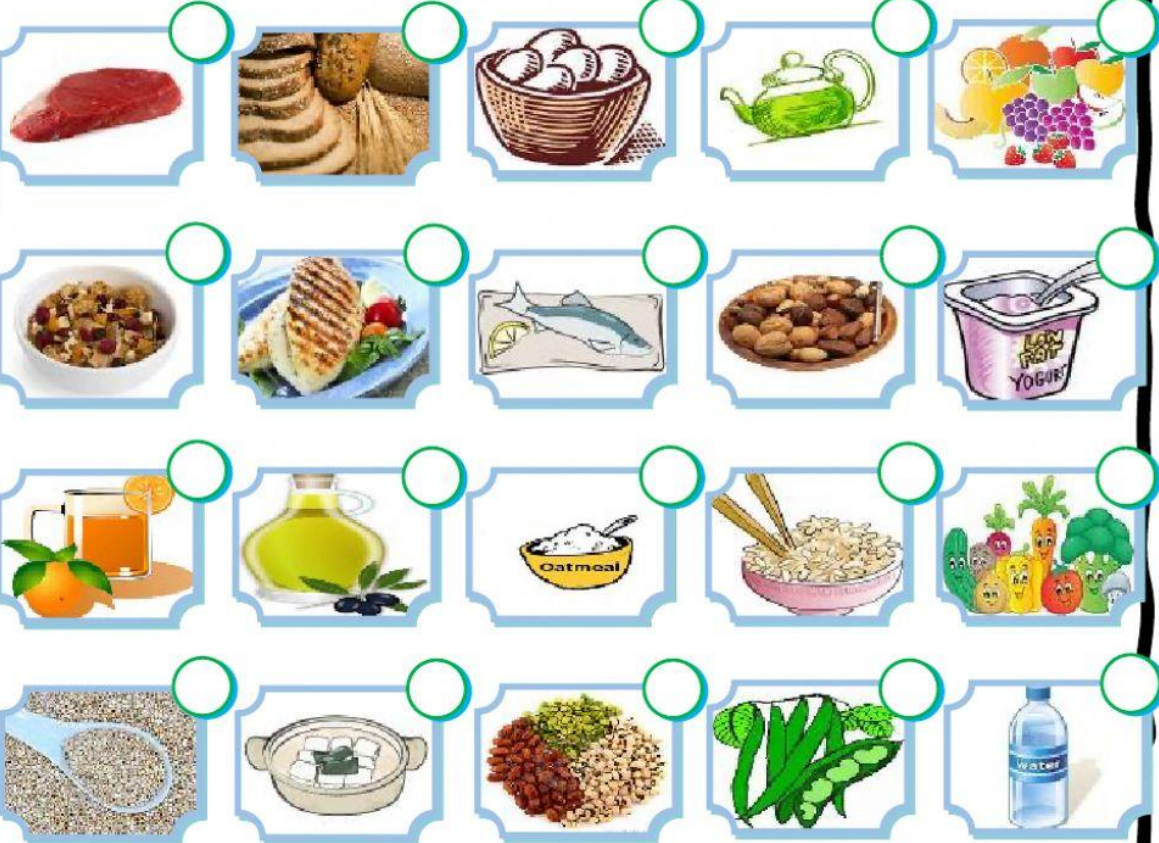


ACTIVITY 1:

Match the pictures with the words.

-Mr Syuhailmi-SKLJ 2021



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. _____