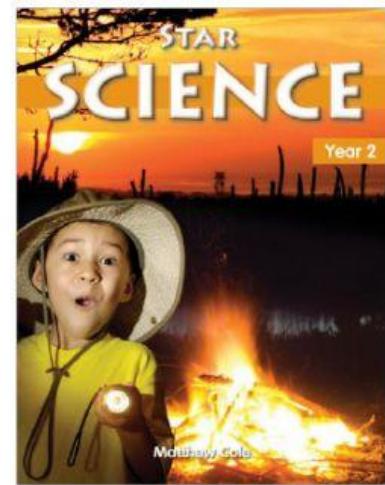


SEKOLAH RENDAH NAKHODA ABDUL RASHID, MENUNGGOL  
SCIENCE YEAR 2  
**HEALTHY LIVING**

1. Read Your Star Science Textbook **Page 42** and **Page 43** and fill in the blanks below with the correct answers.

**a. A Healthy Breakfast**

Starting the day with a \_\_\_\_\_ breakfast is important. The food you eat for breakfast gives you the \_\_\_\_\_ you need for daily activities.



Porridge, \_\_\_\_\_, toast and \_\_\_\_\_ are some healthy foods you can eat for \_\_\_\_\_.



A healthy breakfast should also have a piece of \_\_\_\_\_ and a drink, such as water, \_\_\_\_\_ or fruit \_\_\_\_\_.

b. Select the foods below which can be eaten as a healthy breakfast.

HEALTHY BREAKFAST	UNHEALTHY BREAKFAST

