

Name: .....

School: .....

Class: **Grade 4**

Subject: **Science** Title: **Food and Health**



---

**Interactive Worksheet 6.1: Week 6 Self-Learning Program**

---

**Exercise 1**

**Say if the statements are true or not**

- a- A meal of macaroni, mashed potatoes, rice and beans is a balanced ration.
- b- Meat burger, French fries, sausage is a healthy meal.
- c- Tabouleh is a healthy food.

**Exercise 2:**

**Classify the following types of food into healthy or not healthy:**

|                     |
|---------------------|
| <b>Burger</b>       |
| <b>fruit salad</b>  |
| <b>sausage</b>      |
| <b>labneh</b>       |
| <b>egg</b>          |
| <b>French fries</b> |
| <b>sweets</b>       |

| <b>Healthy</b> | <b>Not Healthy</b> |
|----------------|--------------------|
|                |                    |
|                |                    |
|                |                    |
|                |                    |