

A) Select the correct answer from the brackets.

- 1) Food is important because it gives us (**energy, exercise**).
- 2) We eat food to be (**weak, healthy**).
- 3) Anything we eat or drink is called (**exercise, food**).
- 4) Foods give us (**energy, fun**) to work and play.
- 5) Food is everything we (**buy, eat**) or drink.



B) Write True or False to complete the statements.

- 6) We must drink 8 glasses of water a day. _____
- 7) We get foods from plants only. _____
- 8) Eating lots of candy is healthy. _____
- 9) We need to eat different types of food to stay healthy. _____
- 10) We must wash our hands before eating. _____

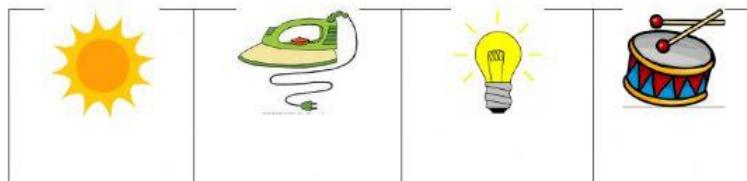
C) Use the word bank to complete the sentences.

shape	push	toward	away	pull
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- 11) A force is a _____ or a _____.
- 12) When you pull an object, it comes _____ to you.
- 13) When you push an object, it moves _____ from you.
- 14) When you twist or squeeze an object, it changes _____.

D) Select the Objects that give off:

15) Light Energy.



16) Sound Energy.



17) Heat Energy.



E) Put a tick if the statement is true, or an 'X' if it is not true.

18) Energy is the ability to work.

19) A car needs electricity to move.

20) Electricity produces energy.