

HEALTHY FOOD

1. MATCH THE FOOD WITH THE CORRECT FREQUENCY:

SALAD, FRESH FRUIT,
VEGETABLES

OCCASIONALLY

CUPCAKES, CHOCOLATE,
SWEETS

THREE OR FOUR TIMES A
WEEK

CHICKEN, FISH, EGGS

EVERYDAY

2. CHOOSE THE CORRECT OPTION:



- Fats and sugar
- Fruits and vegetables
- Proteins



- Carbohydrates
- Fruits and vegetables
- Fats and sugar



- Fats and sugar
- Proteins
- Carbohydrates