

Synonyms

Synonyms are words that have almost the same meaning.

Synonyms for **big**: large, huge, gigantic

Circle the 2 synonyms for each set of words.

- | | | | | |
|----|---------|---------|---------|-------------|
| 1. | toasty | chilly | cool | comfortable |
| 2. | walk | crawl | stroll | run |
| 3. | argue | scare | confuse | frighten |
| 4. | bravery | honesty | courage | winner |
| 5. | cook | drink | eat | munch |
| 6. | record | paint | draw | sketch |

Name: _____ Date: _____

Antonyms Worksheet (Matching)

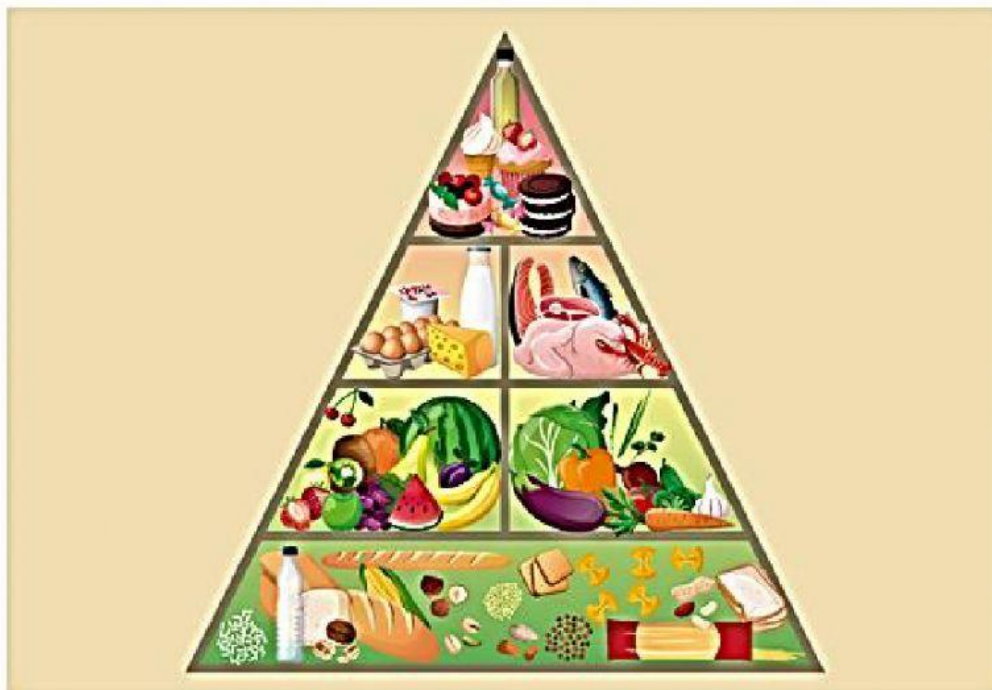
An antonym is a word opposite in meaning to another.

Directions: Match each word given below to its antonym.

- | | |
|-----------|-------|
| 1. fix | short |
| 2. dumb | sad |
| 3. tall | small |
| 4. sleepy | break |
| 5. fast | smart |
| 6. happy | slow |
| 7. big | awake |
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Did you know that nutrients help your body work correctly? Carbohydrates, proteins, fats, vitamins and minerals help you grow healthy. What do you need in order to be more active? You need energy! And it is in the calories you get from food and drinks.

The **Food Pyramid** was invented in 1974. It was a guide that helped you know which food you should include in your daily diet. It was divided into shelves. Each one had a food group that contained one type of nutrients: for example, the vegetable group or the fruit group.



Complete the next sentences. Use the reading above to complete the sentences.

1- _____ help your body work correctly.

2-Carbohydrates, proteins, fats , _____ and _____ help your body grow healthy.

3-From food and drinks you get _____.

4-In 1974 the _____ was invented.

5-The food pyramid has different _____ groups.

FOOD GROUPS



Fruit

Grains

Fish and meat

Fats

Dairy