

1. Classify this food into the food groups.



PASTA



SALAD



CHICKEN



YOGHURT



AVOCADO

Carbohydrates	Proteins And Iron	Dairy Products	Fats	Fruit And Vegetables

2. Complete the sentences using the words in the box.

nervous system	calcium	vegetables	vitamins	fat
eggs	proteins	dairy	carbohydrates	cereals

Pasta, rice and _____ contain fibre and _____.

Fruit and _____ are full of _____ and minerals.

Milk and _____ products contain_____.

Food rich in _____ help our brain and _____.



_____ and iron help us build muscle and make us strong. Meat, fish and _____ contain protein.

3. What do these healthy habits protect you from? Write the correct answer:

Respiratory problems



Obesity



Stomach upsets



Tiredness



Colds and flu



Tooth decay



1. Washing your hands  protects you from

2. Healthy food  protects you from

3. Resting  protects you from

4. Brushing your teeth  protects you from

5. Not Smoking  protects you from

6. Doing exercise  protects you from