

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 protects 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