

Name: _____

Class: _____

No: _____

Good Food Good Health

Directions: Match the word correctly.



- | | |
|-------------------|-------------|
| 1. _____ simple | a. fit |
| 2. _____ tasty | b. products |
| 3. _____ balanced | c. drinks |
| 4. _____ keep | d. in fat |
| 5. _____ in good | e. rule |
| 6. _____ sugary | f. treats |
| 7. _____ starchy | g. food |
| 8. _____ dairy | h. shape |
| 9. _____ high | i. diet |