

Food and Health

Exercise 1: match a food item to their benefit

List of foods	Benefits
Vegetables	Good for your muscles
Water	Rich in vitamins
Proteins	Good for your bones
Fruits	Keeps you hydrated
Dairy products	Rich in nutrients and support digestion

Exercise 2: match different food items to either Breakfast, Lunch or a Snack category

Breakfast	Lunch	Snack



Exercise 3: complete the sentences using the correct word

1. Fruits and vegetables are full of _____.
2. It is important to drink enough _____ everyday to stay hydrated.
3. Dairy products such as milk help keep your bones _____.
4. Protein sources such as meat help you build strong _____.
5. A balanced diet keeps you fit and _____.