

PART 1 — Essay Questions (5 items)

Answer in complete sentences.

- 1. Why is it important for young children to know the difference between healthy food and junk food?**
 - 2. What can you do to help a friend make healthier food or drink choices?**
 - 3. Why do people have different opinions about the types of food they like or dislike?**
 - 4. How can working in a group help you finish a project, like making an information book for younger children?**
 - 5. Why do we need to stay hydrated every day? Explain one reason.**
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PART 2 — Word Choice Fill in the Blanks

(14 items)

Choose the correct word from the box and write it in the blank.

Word Box: healthy • junk food • nutritious • hydrated • spicy • sweet • crunchy • fizzy • opinion
• source • table • drink • food • group

1. Water helps us stay _____.
2. Chips and candy are examples of _____.
3. Fruits and vegetables are _____.
4. Milk is a type of _____.
5. Rice is a type of _____.
6. Cola is a _____ drink.
7. Mangoes taste _____.
8. Some people like _____ food, like chili.
9. A text or book where information comes from is called a _____.
10. An _____ is what someone thinks or feels about something.
11. We use a _____ to organize and record information.
12. Apples are _____ when we bite them.
13. A _____ works together to reach one goal.
14. Carrots are _____ because they help our body stay strong.