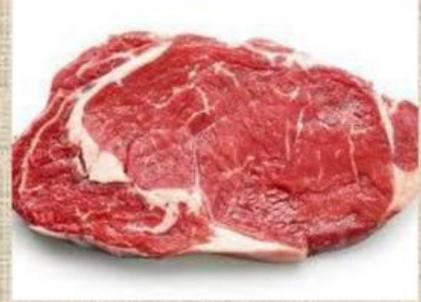


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HEALTH HABITS

1. Food is anything we \_\_\_\_\_ to make our \_\_\_\_\_ strong.
2. The following are types of food except (a) Stone (b) Fruit (c) Eggs
3. Match the food based on their names.

Fruits



Vegetables



Meat



4. Food makes us \_\_\_\_\_.
5. Food makes us \_\_\_\_\_.
6. Food helps our body to fight \_\_\_\_\_.
7. Mention one of your favorite foods \_\_\_\_\_.
8. A balanced diet is a food that contains all the \_\_\_\_\_ the \_\_\_\_\_ needs.

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Look at the pictures carefully and match appropriately.

9. Carbohydrates.



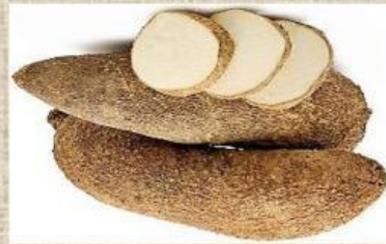
10. Protein



11. Fat and oil



12. Vitamins



13. Water



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Look at the pictures carefully and select only the healthy food.



Jollof rice



Burger

Look at the pictures carefully and say what the children are doing.

Keeping clean



taking a bath



combing hair



brushing teeth



trimming nails



washing face



wearing clean clothes



eating healthy food