

Name: _____

Healthy Eating and Good Habits

Eating healthy food plays an important role in children's growth and development. It provides the energy needed for daily activities such as studying, playing, and learning new things.

A balanced diet includes fruits and vegetables, which are rich in vitamins and nutrients. For example, apples, bananas, carrots, and broccoli help the body stay strong and healthy. Drinking enough water is also essential to keep the body active and hydrated.

However, consuming too much junk food, such as chips, candy, and sugary drinks, can negatively affect your health. These foods do not provide the nutrients your body needs and may cause tiredness.

For this reason, developing healthy eating habits from an early age is very important. Making good food choices every day helps children feel better and perform well in school.

A. Read and choose the correct answer

1. Why is healthy food important?

- a) Because it is sweet
- b) Because it helps children grow and have energy
- c) Because it is expensive

2. What is part of a balanced diet?

- a) Candy and soda
- b) Fruits and vegetables
- c) Only fast food

3. Why is water important?

- a) It makes you tired
- b) It helps your body stay hydrated
- c) It replaces food

4. What can happen if you eat too much junk food?

- a) You become stronger
- b) It can negatively affect your health
- c) You learn better

B. TRUE OR FALSE

- Fruits and vegetables contain important nutrients. →
- Junk food is the best option for a balanced diet. →
- Drinking water helps keep your body active. →

C. MATCHING



FRUIT



VEGETABLE



JUNK FOOD

