

# HEALTHY FOOD & PHYSICAL ACTIVITIES

Interactive Worksheet for 2nd Grade Secondary | English Class

Student Name: \_\_\_\_\_

Grade: 2nd Secondary

Date: \_\_/\_\_/\_\_

## Section 1: Drag and Drop (Classification)

Instructions: Classify the words from the Word Bank into the correct category boxes below.

### [ WORD BANK ]

Apples

Playing Soccer

Sleeping 8 Hours


Soda

Running

Broccoli

Drinking Water

Fast Food

 **Liveworksheets Command:** Assign drag: 1 to drag: 8 for each word item in order. Then assign corresponding drop: X inside the category spaces below.

### HEALTHY FOOD

### UNHEALTHY FOOD

[ Drop item here ]

[ Drop item here ]

[ Drop item here ]

[ Drop item here ]

### PHYSICAL ACTIVITIES

### GOOD HABITS

[ Drop item here ]


[ Drop item here ]

[ Drop item here ]

[ Drop item here ]

## Section 2: Match the Columns (Join boxes)

Instructions: Draw a line to match each healthy habit with its corresponding health benefit.

 **Liveworksheets Command:** Draw an interactive box over the left elements and type join:1, join:2, etc. Do the same for the correct answers on the right using matching numbers.

**A** Eating fruits and vegetables every day.

**B** Riding your bike or walking to school.

**C** Washing your hands before eating.

**D** Brushing your teeth three times a day.

**1** Keeps your teeth clean and prevents cavities.


**2** Gives your body vitamins, minerals, and energy.

**3** Makes your muscles and heart stronger.

**4** Eliminates bacteria and prevents diseases.

### Section 3: Short Answer (Open responses)

*Instructions: Answer the questions about your personal life using complete sentences in English.*

 **Liveworksheets Command:** Simply draw an empty text field over the blank lines. Leave it without keywords so you can grade their custom English responses manually.

**1. What is your favorite healthy food and why do you like it?**

.....

**2. How many days a week do you do physical activities or sports? Which ones?**

.....

**3. Mention one good habit you want to practice more often this month.**

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