

Name: _____

Date: _____

Class: _____



HEALTHY HABITS

ACTIVITY WORKSHEET



Eat well, live well!



1 FOODS

Look at the box and choose the correct word.

soda mango toast oil sugar flour



2 FOODS AND HABITS

Look at the pictures and match the words.

A peel the fruits

Peeling means removing the skin or peel from fruits.

B chop fruits

Chopping means cutting the fruits into small pieces.

C apple core

An apple core is what is left after eating the apple.

D seedless fruits

Seedless fruits do not have seeds inside.

E rotten fruit

Rotten fruit is not fresh and is bad to eat.

1



2



3



4



5



3 KITCHEN SCENE

Look at the picture. What are the brother and sister doing?



What are they making? _____

Name the kitchen tools you see.

1. _____ 2. _____ 3. _____

4 ANSWERS

Answer the questions.

1. Why is it good to eat fruits?

2. What is your favorite healthy food?

3. What should we avoid eating too much?



5 TRUE OR FALSE

Circle True or False.

1. Eating fruits gives us vitamins.

True / False

2. Soda is a healthy drink.

True / False

3. Oil and sugar should be used in small amounts.

True / False

4. Rotten fruits are good to eat.

True / False

5. Cooking at home can be healthy.

True / False



BONUS!

Draw your favorite healthy food.

