

Teenagers and Nutrition — Student Worksheet

Name: _____

Class: _____ No.: _____

Part 1 — Match the Words

Match each word with the correct meaning. Write the letter.

Word	Answer	Meaning
1. Food	_____	A. Helps build and repair muscles
2. Nutrition	_____	B. What we eat and drink
3. Protein	_____	C. Helps the body stay hydrated
4. Carbohydrates	_____	D. How the body gets and uses nutrients
5. Water	_____	E. Gives the body energy

Part 2 — Healthy or Unhealthy?

Write H for Healthy or U for Unhealthy.

_____ Eating vegetables every day

_____ Drinking water

_____ Eating candy all day

_____ Eating fruit

_____ Drinking too many sugary drinks

_____ Eating eggs, fish, or beans

_____ Eating chips every day

_____ Eating a balanced meal

Part 3 — Choose the Best Answer

Circle A, B, or C.

1. Why do we need food?

- A. To give us energy
- B. To make us tired
- C. To make us thirsty

2. Which food is a good source of protein?

- A. Candy
- B. Eggs
- C. Soda

3. Which drink is the best choice?

- A. Water
- B. Soda
- C. Energy drink

4. What does a balanced diet include?

- A. Only rice
- B. Only fruit
- C. Different healthy foods

5. What can poor nutrition cause?

- A. Health problems
- B. Better concentration
- C. Stronger health automatically

Part 4 — Build a Healthy Plate

Write 2 foods in each section.



Vegetables & Fruit



Grains



Protein



Drink

Part 5 — My Healthy Choice

Complete the sentences.

One healthy food I like is:

One healthy drink I can choose is:

This week, I will:

★ Challenge Question

Why is good nutrition important for teenagers?
