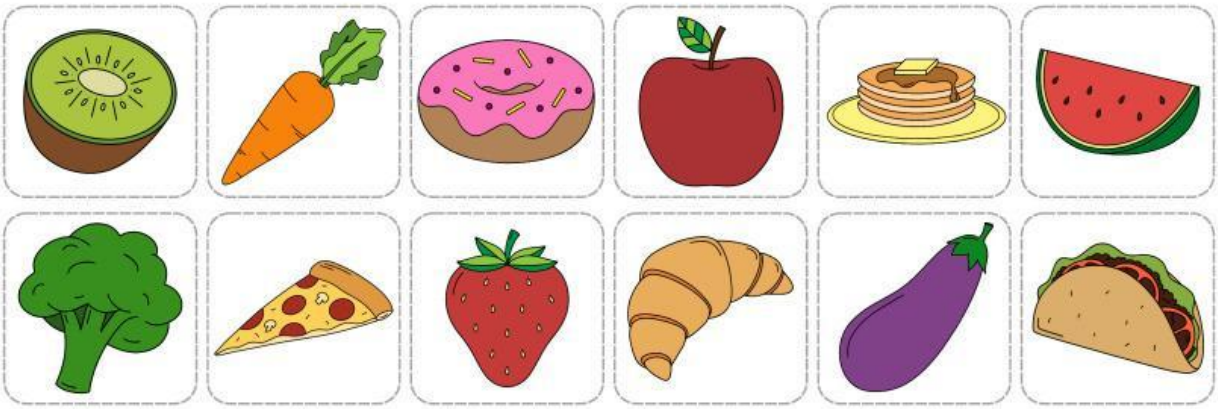
Name: Class:

Healthy or unhealthy?

Cut, classify and paste the types of food into healthy or unhealthy.

Healthy food	Unhealthy food



LIVEWORKSHEETS

Name:_____

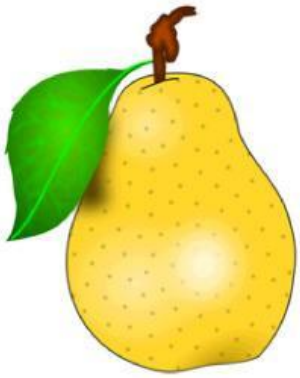


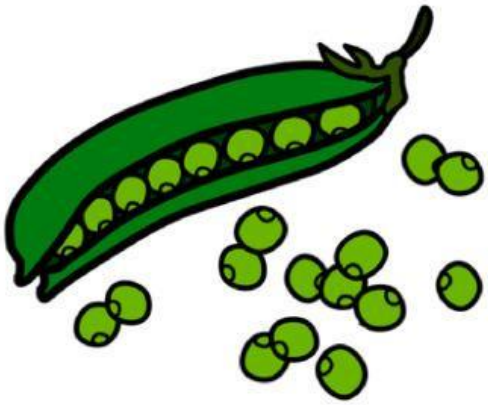
Food Word Search

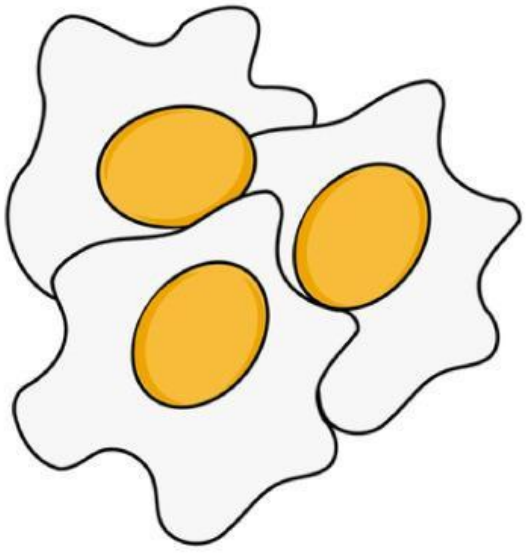
H	G	E	M	I	L	K	D
A	O	R	A	N	G	E	C
Z	P	E	P	E	A	S	Y
P	F	P	G	Q	Z	B	O
Z	E	D	L	G	C	R	G
M	E	A	T	E	S	E	U
M	W	E	R	X	D	A	R
F	J	U	I	C	E	D	T

Word list:

APPLE
BREAD
EGGS
JUICE
MEAT
MILK
ORANGE
PEAR
PEAS
YOGURT







Watch the video and answer the questions below:



1. **What is the brain mostly made of when dehydrated?**

A) Water
B) Sugar
C) Fats (lipids)
D) Protein

2. **Which food is a good source of healthy omega fats for your brain?**

A) Candy
B) White bread
C) Soda
D) Fatty Fish

3. **About how much of your body's energy does your brain use?**

A) 50%
B) 10%
C) 20%
D) 5%

LIVEWORKSHEETS