

SHADAI ELEMENTARY SCHOOL

Health Study Guide

Mrs. Herculano & Mrs. Inestroza

I. Multiple Choice: Click the word that best answer each statement.

1. I need to eat good food to

Grow
Talk



2. When I eat I take _____ bite

small
big



3. This help me to grow

chocolate
milk



4. My body needs _____ kind of food

the same
different



1. This is the most important meal

breakfast
supper



II. Click Yes or No after reading each statement.

1. I have to run with sharp things

Yes

No



2. I have to sleep 12 hours

Yes

No



3. Playing help me to be healthy



Yes

No

4. Milk, apple, yogurt, bread and egg is a
Healthy breakfast.



Yes

No

5. A good breakfast makes me feel sad and sick.



Yes

No