Grade - 8

Listening Activity

Select the correct answer

Healthy food

We should eat healthy food. Carbohydrates and fats are part of ..... food. Food, when eaten in proper intervals and in the right ....., can make children fitter. Healthy food is ..... Kids must be told and trained on ..... to eat healthily. Kids must ..... refrain from eating vegetables. Children should avoid ..... food. Healthy food ..... children fresh. The Health and wellbeing of children go ..... in hand.

LIVEWORKSHEETS