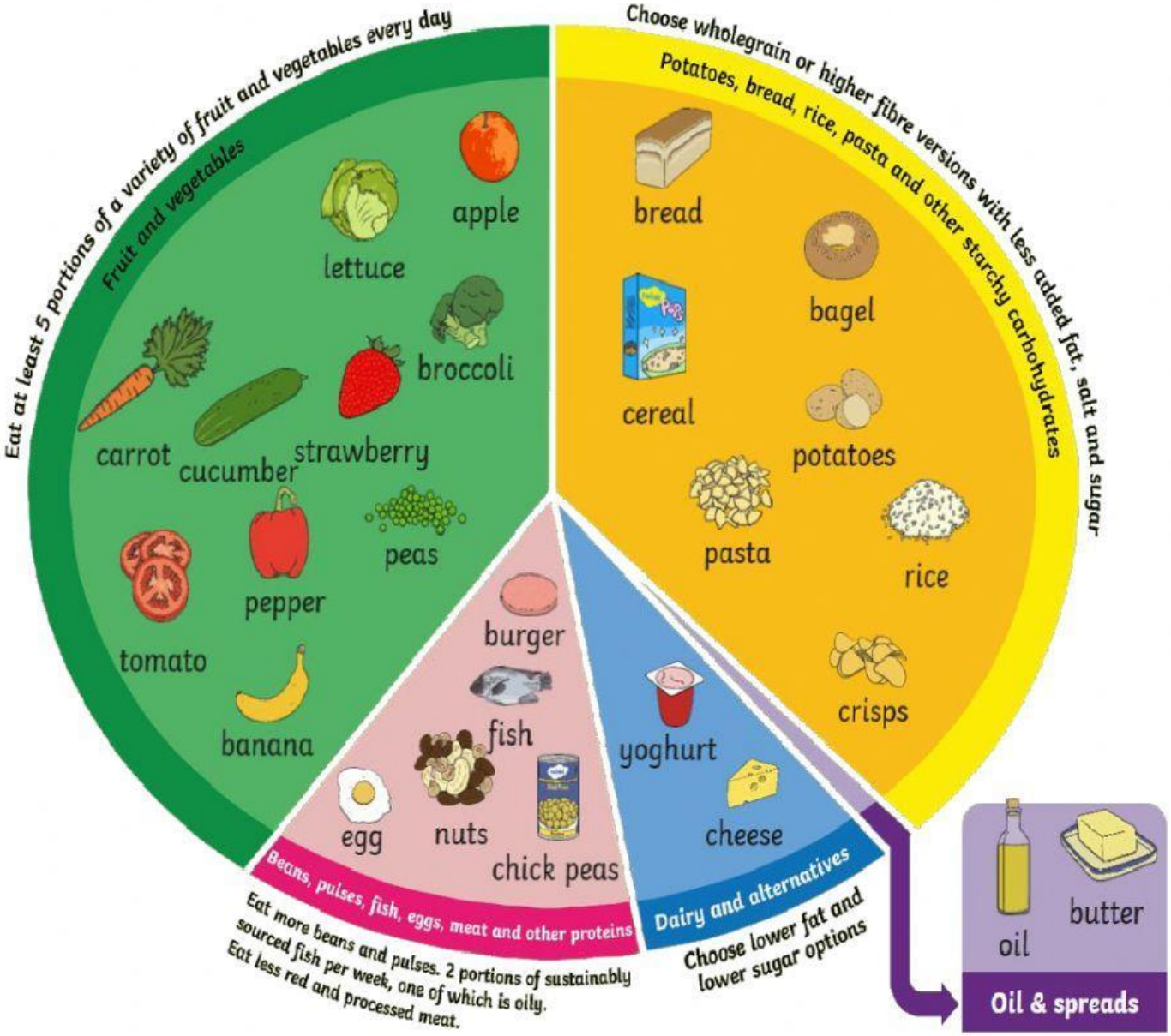
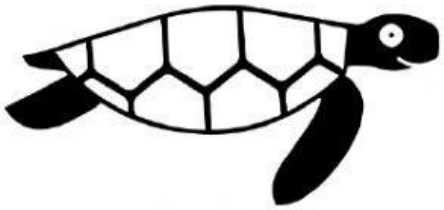
A balanced diet

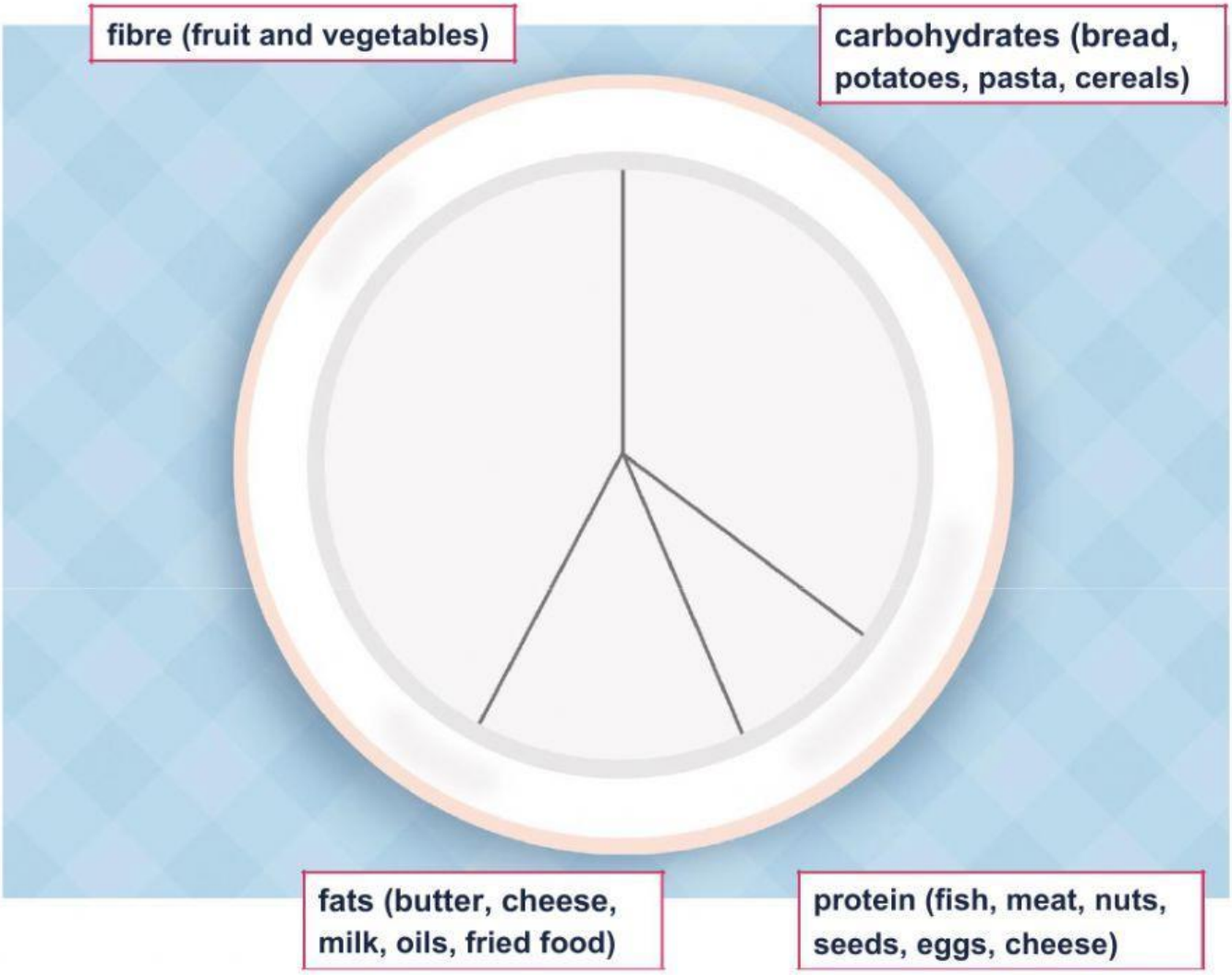


© Oxford University Press 2021

OXFORD
LIVEWORKSHEETS



Look at the healthy plate. What foods do you like?
Write a healthy meal on your plate.

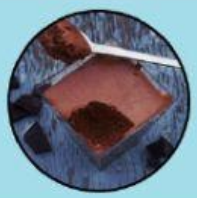


© Oxford University Press 2021

OXFORD
LIVEWORKSHEETS

Healthy Eating

Tick (√) the foods that you think you should eat often in your daily meals.

☐	apple		☐	orange	
☐	cake		☐	banana	
☐	nuts		☐	mousse	
☐	fizzy drinks		☐	broccoli	
☐	fish		☐	donuts	
☐	carrots		☐	hotdog	
☐	meat and tomatoes		☐	kiwi	

© Oxford University Press 2021

LIVEWORKSHEETS OXFORD

Healthy Eating

Tick (√) the foods that you think you should eat often.

☐	lollies		☐	avocado	
☐	fish and chips		☐	chocolate	
☐	blueberries		☐	burger	
☐	salad		☐	beans	
☐	salmon		☐	mandarin	
☐	watermelon		☐	pizza	
☐	vegetables		☐	strawberries	

© Oxford University Press 2021

OXFORD

LIVEWORKSHEETS