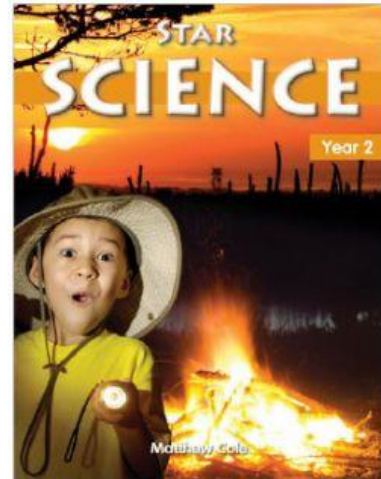


SEKOLAH RENDAH NAKHODA ABDUL RASHID, MENUNGGOL
SCIENCE YEAR 2
HEALTHY LIVING

1. Read Your Star Science Textbook **Page 42** and **Page 43** and fill in the blanks below with the correct answers.

a. A Healthy Breakfast

Starting the day with a _____
breakfast is important. The food you eat for
breakfast gives you the _____
you need for daily activities.



Porridge, _____, toast and _____ are some
healthy foods you can eat for _____.



A healthy breakfast should also have a piece of _____ and a
drink, such as water, _____ or fruit _____.

b. Select the foods below which can be eaten as a healthy breakfast.

HEALTHY BREAKFAST		UNHEALTHY BREAKFAST	

