Name: .....
School: .....
Class: Grade 4
Subject: Science **Title:** Food and Health

برنامج التعلم الذاتي
Self-Learning Program

Interactive Worksheet 6.1: Week 6 Self-Learning Program

Exercise 1

Say if the statements are true or not

a- A meal of macaroni, mashed potatoes, rice and beans is a balanced ration.

b- Meat burger, French fries, sausage is a healthy meal.

c- Tabouleh is a healthy food.

Exercise 2:

Classify the following types of food into healthy or not healthy:

Burger
fruit salad
sausage
labneh
egg
French fries
sweets

Healthy	Not Healthy

LIVEWORKSHEETS