SCIENCE YEAR 1

UNIT 5. STAYING HEALTHY

EAT HEALTHY FOOD

To stay healthy, we need to eat healthy food. What type of food is healthy? Why is it important to eat healthy?

Look at each picture and choose the correct answers.

1. Food gives _____ to our body

a) energy

b) happy

c) sad



2. Which of the following consist of healthy food?

a) sweets, cakes and ice cream

b) fizzy drinks

c) fruits and vegetables



3. Food with too much sugar, salt and fats are_____.

a) healthy food

b) unhealthy food

c) good food



4. Which of the following consist of unhealthy food?

a) sweets and fast food

b) fruits and vegetables

c) chicken and rice



LIVEWORKSHEETS

5. We must drink at least _____ glasses of water everyday.

a) 1-2

b) 3-4

c) 6-8



6. Eating healthy food keeps our body_____.

a) dirty

b) strong

c) weak



7. Eating a lot of oily and salty food is _____ for our health.

a) good

b) bad

c) strong



8. Eating too much unhealthy food makes our body_____

a) strong

b) weak

c) dirty



LIVEWORKSHEETS