

## 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



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

