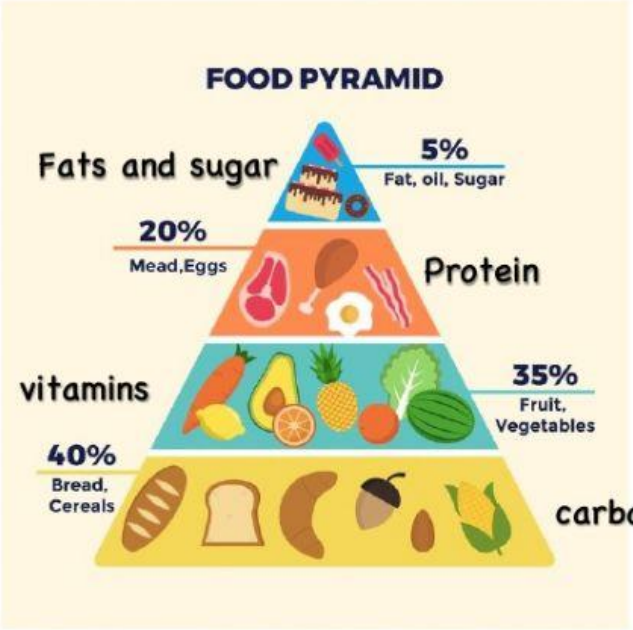
Name: _____. Date: _____

Food and Your body

Four group of food:



A. Use the words below to answer the questions

1. _____ : Examples - bread, noodles, rice, pasta and potatoes.

2. _____ : Examples - soy beans, fish, chicken, beef, milk, cheese

3. _____ : Examples - egg and milk

4. _____ : Examples - fruits and vegetables

5. _____ : Examples - Butter and oil

LIVEWORKSHEETS

B. Go, Grow, Glow food

Go food : Give energy (carbohydrates)

Examples of food: _____

Grow food: for growth and repair damage (Protein)

Examples of food: _____

Glow food: for healthy skin eyes and teeth (vitamins)

Examples of food: _____

C. Choose the correct food using the answers below

1. Balanced diet contains the right types and right amount of food.

   For example: _____

2. Unbalanced diet contains too many unhealthy food for example too much sugar, oily or salty food.

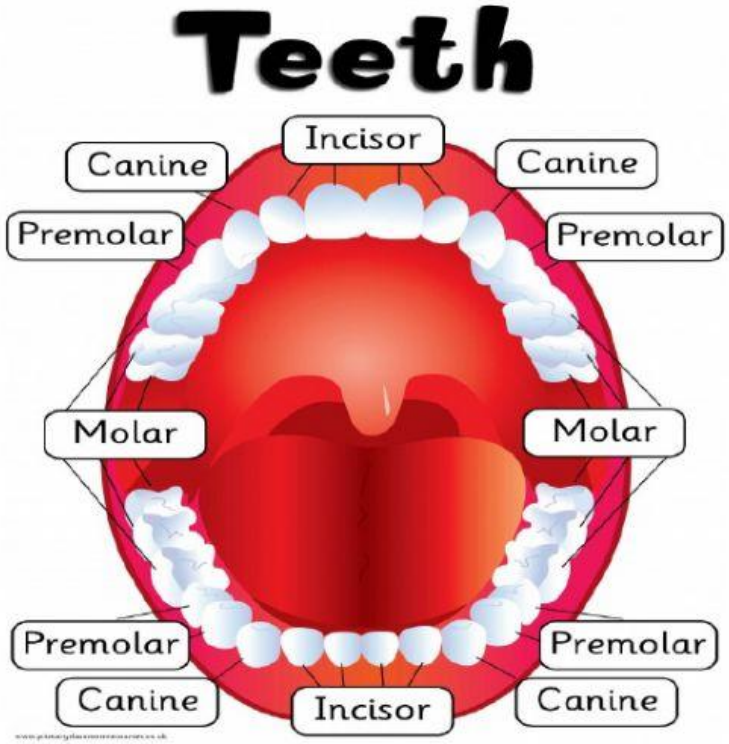
   For example: _____

3. Too much sugar in blood can cause **diabetes**.
4. Unbalanced diet can cause **obesity**.
5. Roughage helps to **prevent constipation**.

   For example: fruits and vegetables, bread and cereals

LIVEWORKSHEETS

TYPES OF TEETH



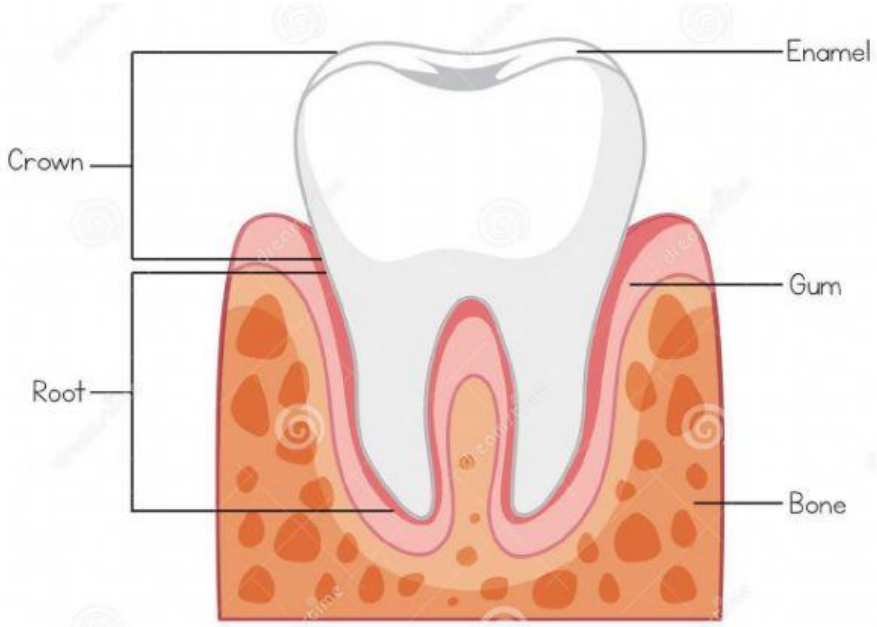


LIVEWORKSHEETS

Types of teeth and its functions.

1. Incisors is used to _____
2. Canine is used to _____
3. Molars and premolars are used to _____

Parts of a tooth



Tooth decay

1. How to prevent tooth decay?







LIVEWORKSHEETS