

A) Select the correct answer from the brackets.

1) Food is important because it gives us (**energy, exercise**).

2) We eat food to be (**weak, healthy**).

3) Anything we eat or drink is called (**exercise, food**).

4) Foods give us (**energy, fun**) to work and play.

5) Food is everything we (**buy, eat**) or drink.



B) Write True or False to complete the statements.

6) We must drink 8 glasses of water a day. _____

7) We get foods from plants only. _____

8) Eating lots of candy is healthy. _____

9) We need to eat different types of food to stay healthy. _____

10) We must wash our hands before eating. _____

C) Use the word bank to complete the sentences.

shape	push	toward	away	pull
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11) A force is a _____ or a _____.

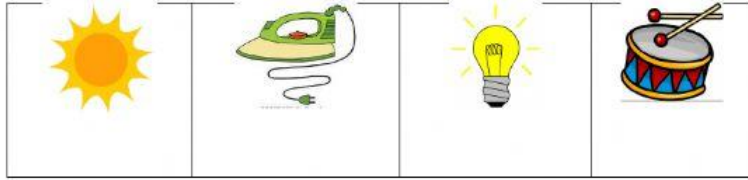
12) When you pull an object, it comes _____ to you.

13) When you push an object, it moves _____ from you.

14) When you twist or squeeze an object, it changes _____.

D) Select the Objects that give off:

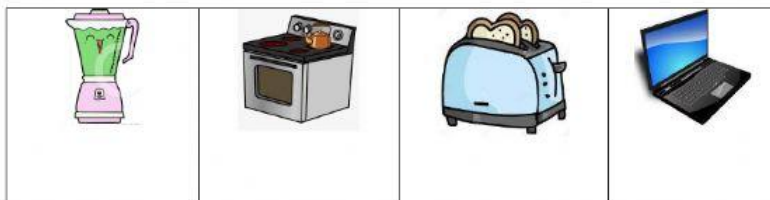
15) Light Energy.



16) Sound Energy.



17) Heat Energy.



E) Put a tick if the statement is true, or an 'X' if it is not true.

18) Energy is the ability to work.

19) A car needs electricity to move.

20) Electricity produces energy.