

HEALTHY FOOD - JUNK FOOD

1. Write the missing letters of each word.

 ap__l__	 gr__p__s
 b__an__	 str__w__rry
 or__ng__	 p__ac__

2. CONNECT WITH THE LINES AS APPROPRIATE



pizza



Sweet



Burger



Potato chips

3. MAKE A HEALTHY FOOD LIST





4. SELECT THE CORRECT HEALTH FOOD SENTENCE.

- María eats a banana at recess.
- David eats pizza at night.
- My mom makes a delicious vegetable salad.
- At the party, I ate hamburgers and soda.
- I like breakfasts with fruits.



5. FIND THE FOLLOWING WORDS (FAST FOOD)

- BURGER
- HOTDOG
- SHAWARMA
- DONUTS
- SODA
- SNACKS
- SWEET
- PIZZA

Y	J	C	A	P	I	Z	Z	A	O	F
D	S	O	D	A	Y	O	K	S	U	K
S	J	O	O	N	V	C	F	H	U	C
L	F	S	D	H	S	Z	D	A	H	S
P	G	W	A	H	N	X	C	W	Y	T
Ñ	I	E	Z	O	A	F	H	A	R	B
S	W	E	L	T	C	N	K	R	F	E
F	X	T	K	D	K	M	L	M	E	P
Q	Z	R	U	O	S	J	K	A	W	O
J	A	F	Y	G	S	J	U	G	A	H
C	D	O	N	U	T	S	G	F	X	O
G	Q	B	U	R	G	E	R	T	A	W
T	S	U	G	A	J	H	O	S	Y	Q



6. CIRCLE THE CORRECT OPTION

1. Which one is a benefit of eating healthy food?
 - a) It could lead to feeling down
 - b) It doesn't have any benefits
 - c) It helps people to live longer
 - d) None

2. Which foods are recommended to stay healthy?

- a) Fruits and vegetables
- b) Snacks
- c) Processed food
- d) Fast food



3. Which foods are allowed to junk food?

- a) Dessert, Sodas, fast food
- b) Fruits and vegetables
- c) Starchy food
- d) Grains



7. INSERT THE WORDS IN THE CORRECT COLUMN

TACO	AVOCADO	CAKE	EGGS	SALAD
CARROT	PIZZA		WATER	MILK
DONUTS	NUTS	ICE – CREAM	PIE	COKE

HEALTHY	UNHEALTHY

*Good
Luck!*

