

Topic: Go, Glow and Grow foods

Name: _____

Date: _____

Science

Food

Food is anything we eat or drink. We get energy from food. We must eat healthy foods.

Healthy Foods are Go foods, Grow foods and Glow foods.

Complete the sentences with the best word:

Food is anything we _____ 

or _____  .

We get _____  from food to work and play.

We must eat _____  foods so that we can go, grow and glow.

Draw lines to match the foods to what they do for our bodies.



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- These help us to grow tall and to keep us strong.



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- These give us energy to run, move and play.



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- These keep our skin, eyes, hair healthy and glowing.