



Emerald (Tier 1)

'Go', 'Grow' and 'Glow' Foods

1. Group the foods below under its correct headings.

Pasta	Fish	Apple	Cereal	Broccoli
Rice	Eggs	Watermelon	Noodles	Milk
Bread	Chicken	Banana	Carrot	Yogurt

'Go' Food	'Grow' Food	'Glow' Food

2. Fill in the blanks with the correct words.

Tongue	Go	Teeth	Glow	Healthy	Grow	Energy
--------	----	-------	------	---------	------	--------

(a) The foods we eat can be classified into _____ foods, _____ foods and _____ foods.

(b) 'Go' foods give your body _____.

(c) 'Grow' foods help your body to grow and develop into strong, _____ adult.

(d) 'Glow' foods are good for your eyes, _____ and skin.

Press FINISH after you have answered the questions.