Healthy & Unhealthy Food

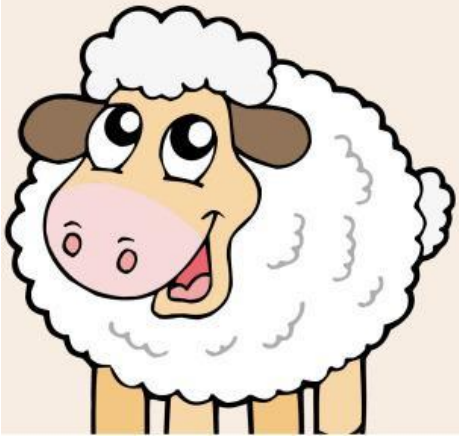
Ba ba, black sheep, have you any fruit?
Yes, sir, yes, sir, a basket full of fruit.
Apples for the teacher, pears for a snack,
Berries for a smoothie, that's the healthy track.

Ba ba, black sheep, have you any greens?
Yes, sir, yes, sir, a garden full of greens.
Spinach, kale, and broccoli too,
Eating your veggies is the right thing to do.

Ba ba, black sheep, have you any sweets?
Yes, sir, yes, sir, but not too many, please.
A little dessert is fine, now and then,
But too much sugar isn't healthy, my friend.

Ba ba, black sheep, have you any fries?
Yes, sir, yes, sir, but they're a compromise.
Baked or roasted, a better choice,
For crispy potatoes that we can all enjoy.

So choose your foods,
make good selections,
For a healthy life
and the right directions.



LIVEWORKSHEETS

EXERCISE

a) Read the song lyrics carefully.
Then, categorise healthy and unhealthy food that you found from the lyrics.

HEALTHY FOOD	UNHEALTHY FOOD
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.

b) Based on the song, state how can we eat healthily. Fill in the blanks with your own answer.

1. Make a smoothie by using _____
2. Eat a lot of _____
3. _____ sugar intake.
4. Do not _____ the potatoes, but _____and _____ them as a healthier option.

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