BIG2
Review Unit 7

Healthy and Unhealthy Snacks

Healthy food is good for our body. Some snacks are healthy, but others are not. Unhealthy snacks have too much sugar, fat, or salt.

Sugar

1 Sugar gives us energy, but too much sugar is not healthy. Sugar is bad for our teeth and can make us fatter. Candy has a lot of sugar.

Fat

2 Like sugar, fat gives us energy. When we eat too much of it, it stays in our body and makes us fatter. It is not good for our heart. Chocolate has a lot of fat.

Salt

3 Salt doesn't make us fatter, but too much of it can give us heart disease. Potato chips have a lot of salt.

Many snacks have labels. The labels say how much sugar, fat, and salt is in them. Try to read the labels and choose healthy snacks.

Exercise 1: Fill in the Blanks

1. Healthy food is good for our .....
2. Some snacks are healthy, but others are .....
3. Unhealthy snacks have too much sugar, fat, or .....
4. ..... gives us energy, but too much of it is not healthy.
5. Sugar is bad for our ..... and can make us fatter.
6. ..... has a lot of sugar.
7. ..... gives us energy, just like sugar.
8. When we eat .... fat, it stays in our body.
9. Fat is not good for our .....
10. ..... has a lot of fat.
11. Salt doesn't make us ....., but too much can cause heart disease.
12. .... have a lot of salt.
13. Many snacks have ..... that tell us what is in them.
14. Labels show how much sugar, ..., and salt are in a snack.
15. We should try to read the labels and choose ..... snacks.

LIVEWORKSHEETS

Exercise 2: Write True or False

1. In Japan, there are only round watermelons.
2. Pineapples grow well in tropical places like South America and the Philippines.
3. Kiwis originally came from New Zealand.
4. People in the Philippines use pineapple leaves to make fabric.
5. In Indonesia, avocado is used to make a sweet drink with milk and sugar.

Exercise 3: Match 1-5 with a-e

1. Watermelon	a. People make sweet drinks with this fruit in Indonesia.
2. Pineapple	b. This fruit can be square in one country.
3. Kiwi	c. This fruit is China's national fruit.
4. Avocado	d. This fruit is used to make fabric in the Philippines.
5. Japan	e. This country grows watermelons in a unique shape.

LIVEWORKSHEETS