Worksheet: Let's Learn Food Vocabulary!

Name: _____Grade: _____Date: _____

A. **Match the word with the correct picture or definition.**
   Definitions (write the number):

Salt - Sugar - Fruits - Dairy products - Junk food - Sweets - Oil - Vegetables Soft drinks - Processed food

Heart disease - obesity - tooth decay - weak bones - stomach problems

A. 🥫 Chocolate, candy, lollipops → _____

B. 🥦 Carrots, broccoli, spinach → _____

C. 🍎 Apples, bananas, grapes → _____

D. 🥤 Cola, soda, fizzy drinks → _____

E. 🧀 Milk, cheese, yogurt → _____

F. 🍟 Fast food like burgers and fries → _____

G. 🧂 White crystals used to flavor food → _____

H. 🍬 White sweet crystals → _____

I. 🧃 Food with many chemicals → _____

J. 🫗 Used for cooking and frying → _____
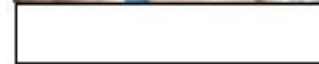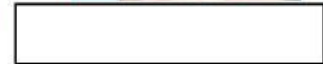
B. **Write the correct food word in each sentence.**

I don't like to eat too much _____ because it is unhealthy.

My mom always cooks with _____.

I drink _____ only on the weekend.

I like _____ like apples and strawberries.

_____ like pizza and hot dogs are my favorite!

I eat _____ like broccoli every day.

C. **Classify the words**

Healthy Foods   Unhealthy Foods

_____   _____

_____   _____

_____   _____

D. **Bonus Activity (Draw!) 🤯**

Draw your favorite healthy food and your favorite junk food. Label both.