

The Food We Eat

A. Fill in the blanks:

1. We must eat ..... food to avoid falling sick. (healthy, unhealthy)
2. ..... food is unhealthy and can make you fall sick. (home cooked, junk)

B. Tick (✓) the food that are healthy, Cross (✗) the unhealthy ones and also write the names by using the Help Box:

1 

2 

3 

4 

5 

6 

7 

8 

HELP BOX

Pizza, Noodles, Burger, Milk, Chips, Fruits, Vegetables, Popcorn.

KNOW MORE

Vegetables make us healthy and strong.

ACTIVITY

Which is the favourite food of a rabbit?

- Tomato ☐
- Radish ☐
- Carrot ☐

LIVEWORKSHEETS