

PART 1 — Essay Questions (5 items)

Answer in complete sentences.

1. Why is it important for young children to know the difference between healthy food and junk food?
 2. What can you do to help a friend make healthier food or drink choices?
 3. Why do people have different opinions about the types of food they like or dislike?
 4. How can working in a group help you finish a project, like making an information book for younger children?
 5. Why do we need to stay hydrated every day? Explain one reason.
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PART 2 — Word Choice Fill in the Blanks

(14 items)

Choose the correct word from the box and write it in the blank.

Word Box: healthy • junk food • nutritious • hydrated • spicy • sweet • crunchy • fizzy • opinion
• source • table • drink • food • group

1. Water helps us stay _____.
2. Chips and candy are examples of _____.
3. Fruits and vegetables are _____.
4. Milk is a type of _____.
5. Rice is a type of _____.
6. Cola is a _____ drink.
7. Mangoes taste _____.
8. Some people like _____ food, like chili.
9. A text or book where information comes from is called a _____.
10. An _____ is what someone thinks or feels about something.
11. We use a _____ to organize and record information.
12. Apples are _____ when we bite them.
13. A _____ works together to reach one goal.
14. Carrots are _____ because they help our body stay strong.