

## Activity 1




Name:

Level:

### General Instructions

Hello, healthy chef! In this activity, you will review which foods give us energy, which help us grow, and which protect us from getting sick.

### Part 1: Matching

<p>1. Fruits and Vegetables</p> 	<p>A. Give us energy to run and play.</p>
<p>2. Grains (bread, tortilla, rice)</p> 	<p>B. Help us grow and repair muscles.</p>
<p>3. Legumes and Animal Products (beans, chicken, milk)</p> 	<p>C. Protect us from diseases.</p>

## Part 2. Fill in the Blanks.

Instructions: Complete the sentences using the words from the box.



1. Milk and yogurt have \_\_\_\_\_, which strengthens bones and teeth.
2. It is important to drink \_\_\_\_\_ every day to stay hydrated.
3. A \_\_\_\_\_ diet includes all food groups.

## Part 3: Word Search

Instructions: Find the 4 hidden words. They can be horizontal or vertical.

Words to find:

- APPLE
- FISH
- EGG
- CARROT

A	P	P	L	E	F	G	H
F	I	S	H	M	R	J	K
L	M	E	G	G	N	O	P
C	A	R	R	O	T	Q	R
S	T	U	V	W	X	Y	Z