



Healthy Food Worksheet

STUDENT NAME:

GRADE / CLASS:

DATE:

Remember: Eating a healthy diet means consuming a variety of foods that provide the nutrients you need to grow strong, stay energized throughout the day, and protect your body from illnesses.

1 COMPREHENSION & CRITICAL THINKING

Read carefully and answer the following question in your own words:

Explain why it is essential to consume foods from the **Regulators** group (fruits and vegetables) every day. What might happen to our immune system if we stop eating them?

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.....

2 MATCHING CONCEPTS

Match each food group with its primary function by writing the correct letter inside the circle:

A. Builders	<input type="radio"/>	They provide carbohydrates and healthy fats. They act as fuel, giving your body the necessary energy to run, play, and study.
B. Energy Foods	<input type="radio"/>	They are packed with protein. They are responsible for building and repairing muscles, skin, organs, and damaged tissues.
C. Regulators	<input type="radio"/>	They are rich in vitamins, minerals, and water. They work like a protective shield to keep you from getting sick and help your body run smoothly.

3 THE FOOD TRAFFIC LIGHT

Classify the foods listed below by sorting them into the correct column of the traffic light based on how often they should be consumed:

Foods to classify: Apples, Soda, Lentils, French fries, Fresh fish, Candies, Whole grain bread, Processed burger, Broccoli.

● GREEN (EVERY DAY)	● YELLOW (MODERATION)	● RED (OCCASIONALLY)

4 MULTIPLE CHOICE

Mark the correct answer with an "X":

I. Which of the following combinations represents a balanced meal according to the "Healthy Eating Plate" model?

- 50% proteins, 25% vegetables, 25% sweets.
- 50% fruits and vegetables, 25% lean proteins, 25% whole grains or carbohydrates.
- 70% carbohydrates, 20% fats, 10% dairy products.

II. Which invisible pillar is essential for transporting nutrients properly throughout the body?

- Drinking commercial energy drinks daily.
- Sleeping less than 5 hours every night without interruption.
- Proper hydration based on plain water (1.5 to 2 liters per day).

5 SELF-ASSESSMENT

Honestly evaluate your learning progress by marking an "X" in the box that best describes you:

LEARNING OBJECTIVE	I GOT IT!	IN PROGRESS	I NEED HELP
I can identify the different functions of Builders, Energy Foods, and Regulators.			
I know which foods to prioritize and which to avoid using the Food Traffic Light.			
I understand the importance of daily hydration and the ideal proportions of a healthy plate.			