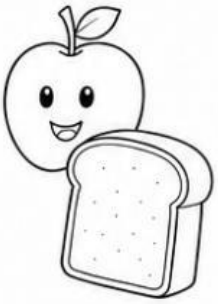
Name: _____ Date: _____ Class: _____

HEALTHY HABITS ACTIVITY WORKSHEET



Eat well, live well!

1 FOODS

Look at the box and choose the correct word.

soda mango toast oil sugar flour

2 FOODS AND HABITS

Look at the pictures and match the words.

A peel the fruits
Peeling means removing the skin or peel from fruits.

B chop fruits
Chopping means cutting the fruits into small pieces.

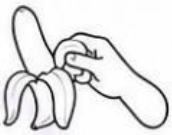
C apple core
An apple core is what is left after eating the apple.

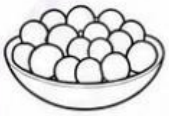
D seedless fruits
Seedless fruits do not have seeds inside.

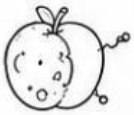
E rotten fruit
Rotten fruit is not fresh and is bad to eat.

1

2

3 

4 

5 

3 KITCHEN SCENE

Look at the picture. What are the brother and sister doing?

What are they making? _____

Name the kitchen tools you see.

1. _____ 2. _____ 3. _____

4 ANSWERS

Answer the questions.

1. Why is it good to eat fruits?

_____

_____

2. What is your favorite healthy food?

_____

3. What should we avoid eating too much?

_____

5 TRUE OR FALSE

Circle True or False.

1. Eating fruits gives us vitamins. True / False
2. Soda is a healthy drink. True / False
3. Oil and sugar should be used in small amounts. True / False
4. Rotten fruits are good to eat. True / False
5. Cooking at home can be healthy. True / False

BONUS!

Draw your favorite healthy food.

LIVEWORKSHEETS