



English Worksheet

Unit 4 : Food and Health

Grade 5 • Semester 1



Word Bank

breakfast	dinner	fruit	vegetable	meat
milk	egg	sandwich	rice	noodle
cheeseburger	dessert	salad	biscuit	cake
chocolate	cookie	ice cream	healthy	unhealthy
delicious	fresh	cook	taste	energy



A Fill in the blanks. (1-15)

Choose the correct word from the word bank.

- I eat _____ in the morning.
- My mother _____ chicken for dinner.
- Apples and bananas are _____.
- Carrots and broccoli are _____.
- I like to drink _____ every day.
- A _____ is a common breakfast food.
- A _____ is made from bread, meat and vegetables.
- I love eating _____ after dinner.
- Too much _____ is not good for health.
- We should eat _____ food every day.
- Fish, chicken and pork are types of _____.
- I don't like spicy food, but it _____ good.
- An _____ gives us energy.
- My favorite _____ is chocolate.
- It is important to eat _____ food to stay strong.



B Choose the correct answer. (16-30)

Choose a, b, or c.

- Which food is a good source of energy?
a) cake b) rice c) biscuit
- Which one is a vegetable?
a) apple b) carrot c) cake
- Which meal do you eat at night?
a) breakfast b) lunch c) dinner
- Which drink is good for your bones?
a) milk b) soda c) juice
- Which food is unhealthy?
a) salad b) cheeseburger c) fruit
- What do you call a cold sweet food?
a) dessert b) ice cream c) sandwich
- Which one is a type of fruit?
a) broccoli b) banana c) noodle
- What do we put between two slices of bread?
a) salad b) sandwich c) soup
- Which food is usually made from flour, sugar and eggs?
a) cake b) rice c) meat
- Which one is a protein food?
a) egg b) cookie c) chocolate
- Which word means "not good for health"?
a) healthy b) fresh c) unhealthy
- Which food is often served with rice?
a) meat b) ice cream c) biscuit
- What can give you energy for the day?
a) vegetable b) chocolate c) breakfast
- Which word means "to have a flavor"?
a) taste b) cook c) fresh
- Which food is often eaten after a meal?
a) salad b) dessert c) fruit



Good Food, Good Health, A Bright Future!

