

Name: _____

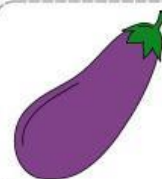
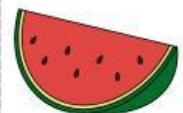
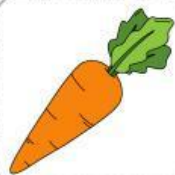
Class: _____

Healthy or unhealthy?

Cut, classify and paste the types of food into healthy or unhealthy.

Healthy food

Unhealthy food





Name: _____

Food Word Search

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

Word list:

APPLE

BREAD

EGGS

JUICE

MEAT

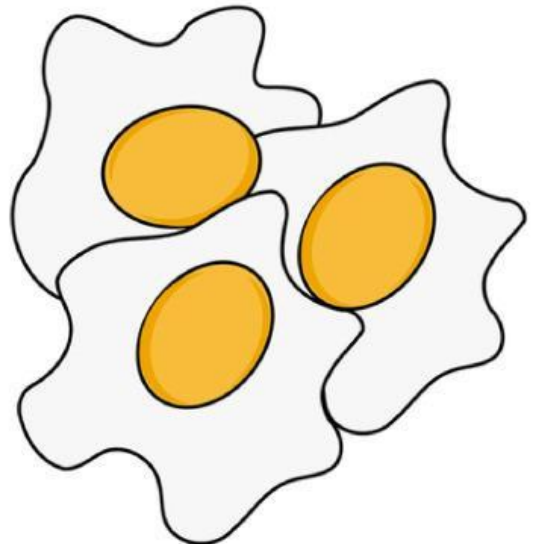
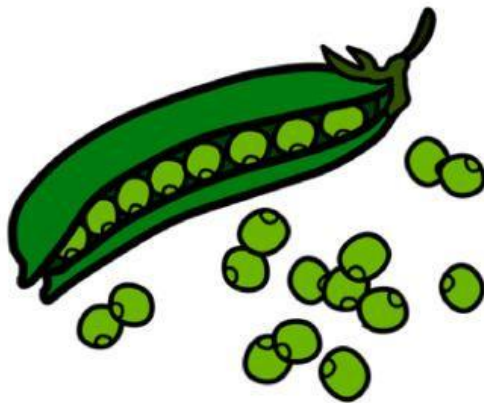
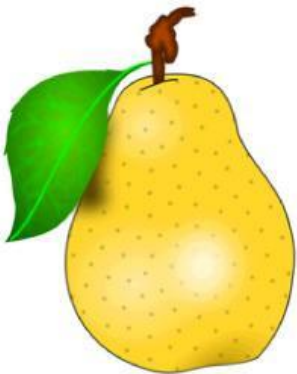
MILK

ORANGE

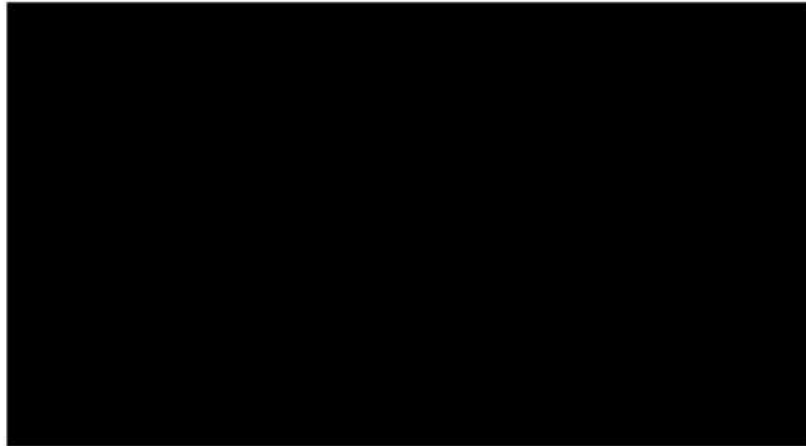
PEAR

PEAS

YOGURT



Watch the video and answer the questions below:



1. What is the brain mostly made of when dehydrated?

- A) Water
- B) Sugar
- C) Fats (lipids)
- D) Protein

2. Which food is a good source of healthy omega fats for your brain?

- A) Candy
- B) White bread
- C) Soda
- D) Fatty Fish

3. About how much of your body's energy does your brain use?

- A) 50%
- B) 10%
- C) 20%
- D) 5%