

# FRUIT

## WORD SEARCH

Find the words and write them.



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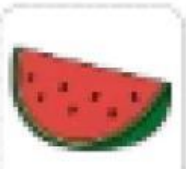
Class: \_\_\_\_\_

# Healthy or unhealthy?

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

Healthy food

Unhealthy food



Watch the viideo and answer the questions below.

1.What is the main benefit of eating healthy foods like fruits, vegetables, and milk?

- A) They are high in salt and sugar content
- B) They provide essential nutrients, vitamins, and minerals that boost the immune system
- C) They are packed with extra calories and are a major cause of obesity

2.

Which of the following groups consists entirely of healthy food items mentioned in the video?

- A) Burgers, pizzas, chips, and noodles
- B) Candies, cookies, cupcakes, and chocolates
- C) Vegetables, fruits, pulses, and milk

3.

According to the video's section on food habits, what is the recommended approach to treats?

- A) We should never eat treats under any circumstances
- B) We should eat junk food for every single meal
- C) It's okay to have some treats once in a while as long as we make good food choices