# GRADE 3 HFLE – REVISION WORKSHEET

## TOPIC: HEALTHY EATING

**Name:** _____ **Date:** _____

**Instructions:** Read each question carefully and answer to the best of your ability.

## SECTION A: MULTIPLE CHOICE

Circle the correct answer.

**1. Which of the following is a healthy food?**
a) Sweets b) Apple c) Lollipop

**2. Why do we need to eat healthy foods?**
a) To become sick b) To keep our bodies strong and healthy c) To feel tired

**3. Which food helps to build strong bones and teeth?**
a) Milk b) Candy c) Soft drink

**4. Which of these is a good source of protein?**
a) Chicken b) Chocolate c) Ice cream

**5. How many glasses of water should we try to drink throughout the day?**
a) None b) Only one c) Several glasses

**6. Which of these is an unhealthy eating habit?**
a) Eating fruits daily b) Skipping breakfast c) Drinking water

**7. Which of these is a fruit?**
a) Cabbage b) Carrot c) Mango

**8. What should we do before eating our meals?**
a) Wash our hands b) Play in the dirt c) Touch everything

## SECTION B: FILL IN THE BLANKS

Use the words in the box to complete the sentences.

| | | |
|---|---|---|
| WATER | FRUITS | VEGETABLES |
| ENERGY | BREAKFAST | HEALTHY |

1. We should eat _____ every day to keep our bodies healthy.
2. _____ helps to keep our bodies hydrated.
3. We get vitamins and minerals from _____ and vegetables.
4. Food gives us _____ to play and learn.
5. We should eat _____ before going to school.
6. Eating a balanced diet helps us to stay _____.

## BONUS QUESTION

Name two healthy foods that you enjoy eating.

1. _____
2. _____

***Eat well, grow well, and stay healthy!***

LIVEWORKSHEETS