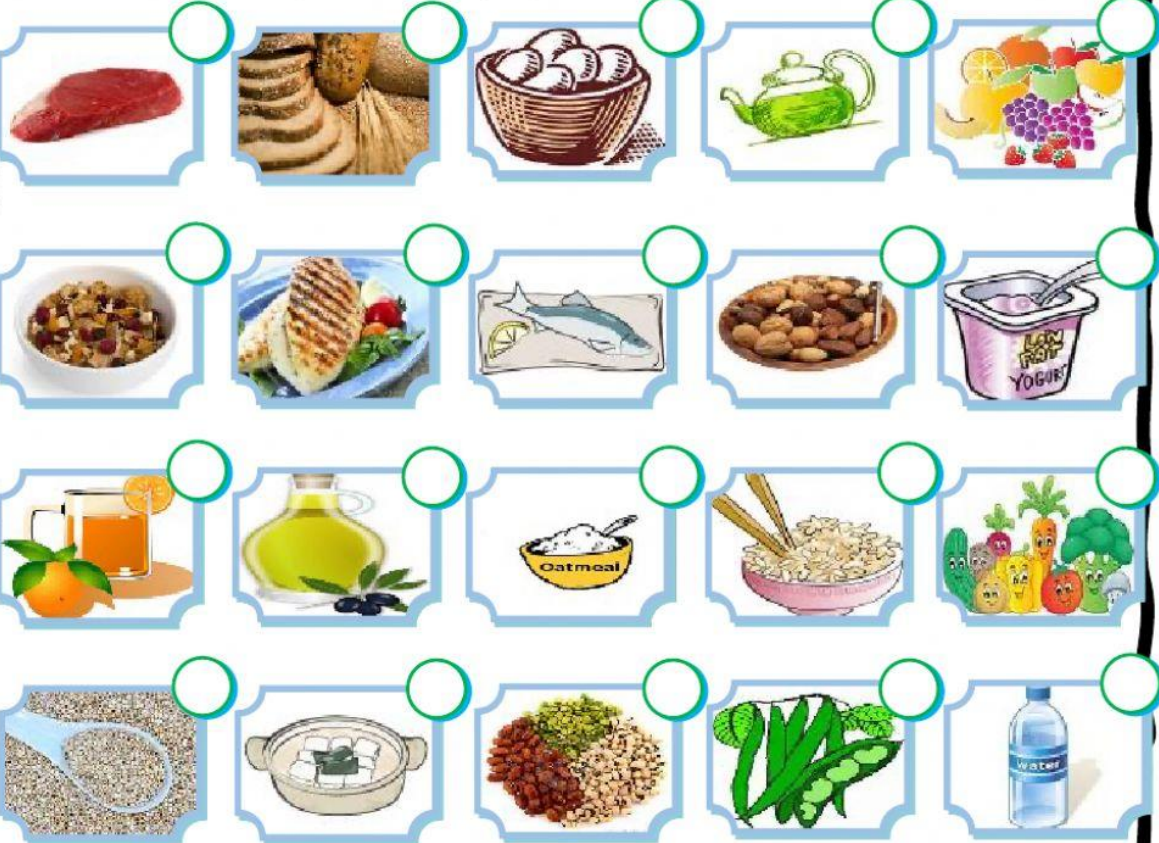


ACTIVITY 1:

Match the pictures with the words.

-Mr Syuhailmi-SKLJ 2021



Fruit 1	Vegetables 2	Yogurt 3	Quinoa 4
Whole grain bread 5	Grilled chicken breast 6	Orange juice 7	Fish 8
Brown rice 9	Legumes 10	High fibre cereal 11	Nuts 12
Oatmeal 13	Tofu 14	Water 15	Eggs 16
Green beans 17	Green tea 18	Olive oil 19	Lean beef 20



Can you name
other healthy
food? Write
your answers
here:

1. _____ 2. _____
3. _____ 4. _____