Healthy and unhealthy food

MONDAY, 6TH SEPTEMBER 2021

8.00 - 9.00AM



English Year 3

LIVEWORKSHEETS

Monday, 6th September 2021

UNIT 2 – FOOD AND BODY CARE

Learning Objective

We are learning to identify which food is healthy and unhealthy.

Steps to Success

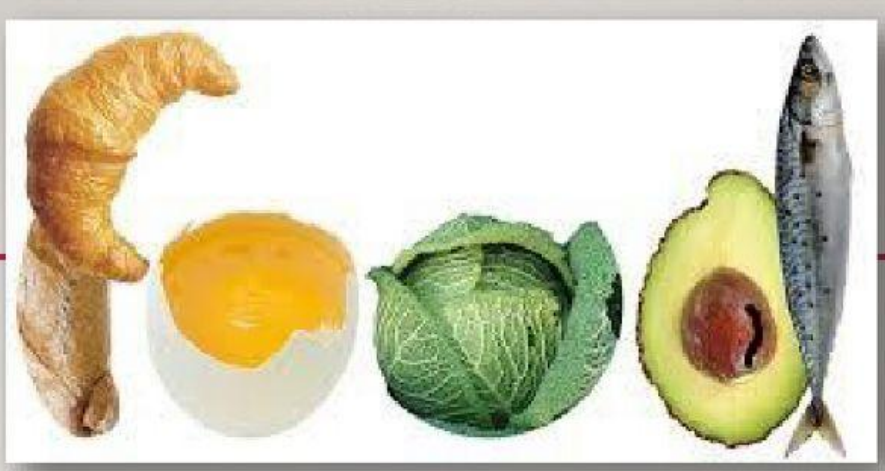
- ✓ Read the slides about *Food*.
- ✓ Name the food.
- ✓ Identify the food which are healthy and unhealthy.
- ✓ Choose the correct answer.

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Vocabulary of the day

word	meaning
healthy	Strong and active.
unhealthy	Sick
pyramid	A building with triangle walls.
grains	Bread, rice and pasta.
dairy	Milk, cheese.
protein	Found in meat, nuts and eggs.
Fats and Oils	Found in butter and salad dressing
sweet	Foods like candy and cake are sweet.
salty	Foods like chips are salty.

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Our body needs food.
Food has nutrients which give us energy to grow and play.

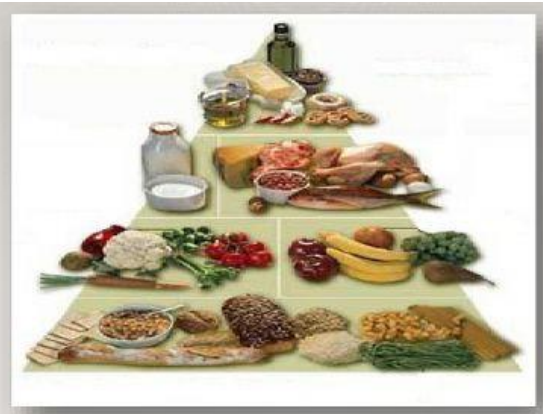
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Carbohydrates are in rice.
Fats are in meats.
Sugars are in cakes.
Vegetables have fibre.

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The food pyramid helps us to eat healthy. It shows us the 6 food groups:

- Fruit and Vegetables
- Grains
- Dairy
- Protein
- Fats and Oils
- Sweet and Salty Food

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Name the food.
Identify which food are healthy and unhealthy.
Drag the food to the correct column.











Healthy food	Unhealthy food

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Answer the questions:

1. What do our body need?

2. What do nutrients give us?

3. What are in rice?

4. What can be found in cakes?

5. What do vegetables have?

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GAME TIME!

1. Let's TEST your understanding!
2. Teacher will post the link to Quizizz!
3. Who'll be the winner?

https://quizizz.com/join?gc=52671926







Thank you for attending class!
Take care and stay safe.

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