

YEAR 2



Fill in the blanks with the correct answers below:

junk	lunch	clean	a lot
milk	fresh	hands	properly
dinner	Exercise	breakfast	vegetables

1



2



3

We should eat  
fresh,   
food



4



Drink  daily to keep your  
bones strong.

5

Say no to   
food



6



We should chew  
our food

7

Eat  and  
clean food.

Have a lot of  
fruits and  
vegetables.



8



Drink  of  
clean, pure,  
filtered or  
boiled water

9

Take 3 meals a day

- ❖ Healthy
- ❖ Balanced
- ❖ Light



10



Daily