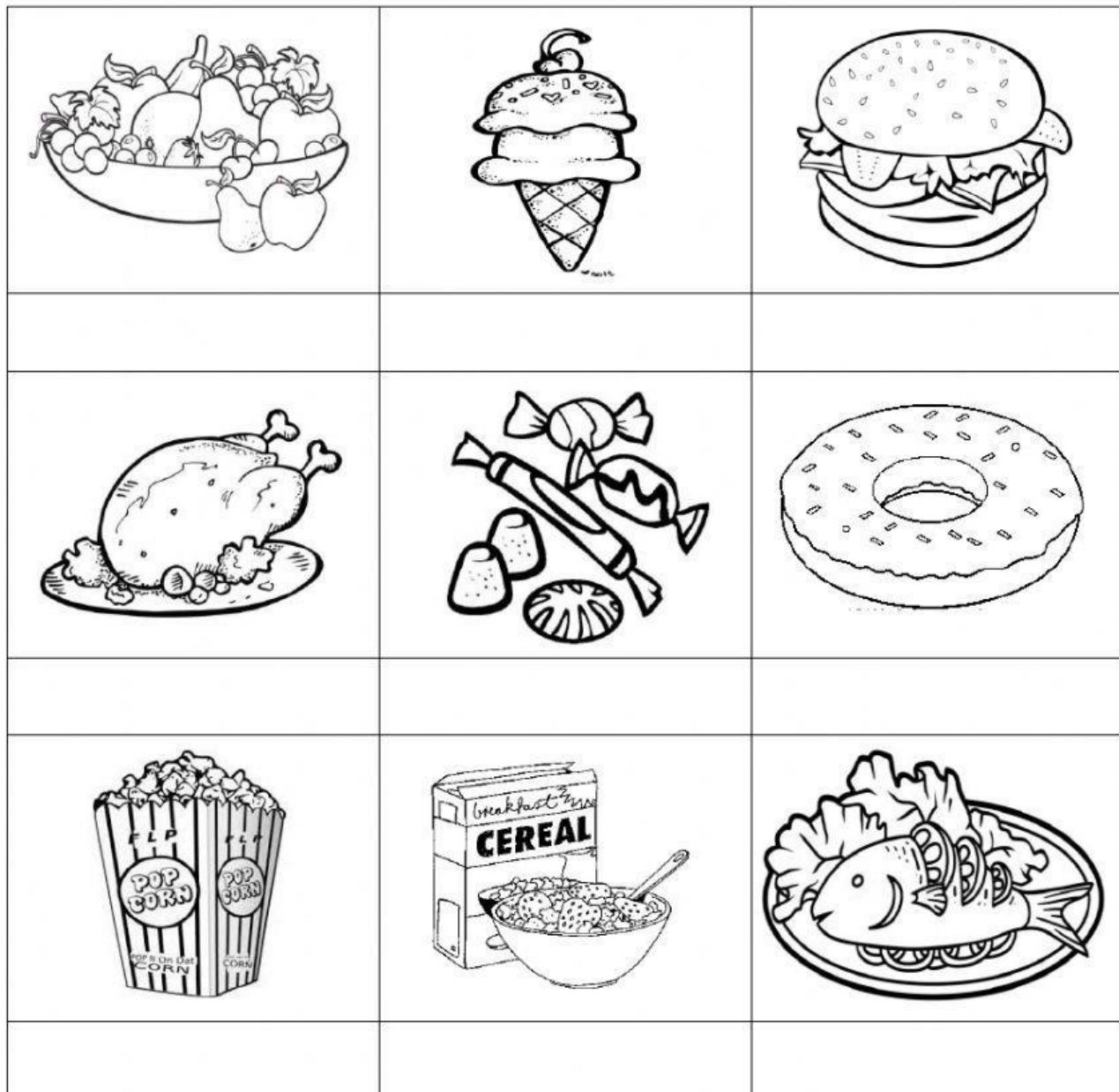


## Healthy and Unhealthy Meal

i. Look at the foods carefully. Label the foods below as "Healthy" and "Unhealthy".



ii. Why is it important for us to eat healthy meal?

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iii. What happen if you eat too much unhealthy meal?

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iv. Put a tick (✓) to the meals that show healthy meal to eat during breakfast only.



v. Put a tick (✓) to the meals that show healthy meals to eat during lunch or dinner.

