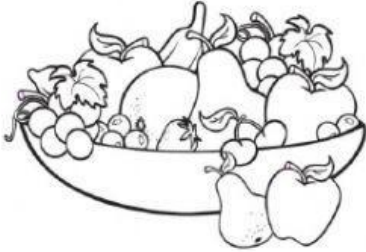

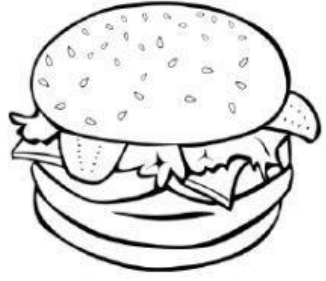
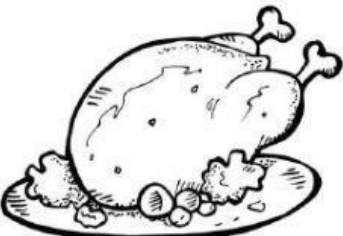

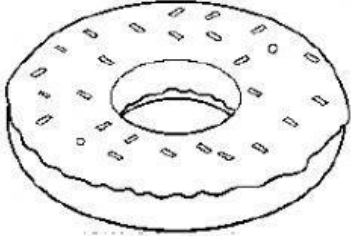
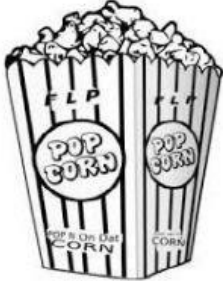
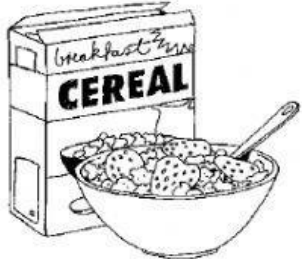
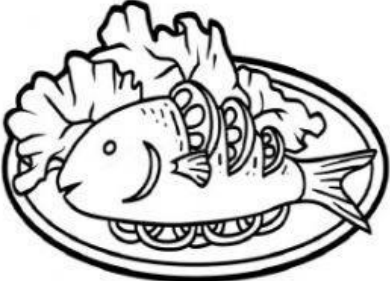


Healthy and Unhealthy Meal






- 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?

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

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.