

Revision: Healthy and unhealthy food

Unit 2 : Healthy living

Fill in the blanks with the correct words given:

Unhealthy	Fat	Vegetables	Oil	Fried
Overweight	Healthy	Salad	Doughnuts	Health

1. To keep your body strong and healthy, you need to eat _____ food.
2. The examples of healthy food are meat, rice, noodles and _____.
3. Grilled food is better than _____ food.
4. _____ food is food that is not good for your body.
5. Foods such as butter, fried chicken is unhealthy because they have too much _____ and _____.
6. Eating too much of these foods can make you _____.
7. _____ is an example of unhealthy food.
8. _____ is an example of healthy food.
9. Eating lots of vegetables and fruits everyday is important for _____.

Stay healthy, stay strong and stay safe Year 2!

Teacher Fatma