

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Year: 2 \_\_\_\_\_

Sekolah Rendah Mentiri

**HBL Week 9**

**Unit 2: Healthy food versus unhealthy food**

- ❖ **Healthy foods** are foods that make our **body strong** and **healthy**
- ❖ Rice, bread, fruits, vegetables and meats (chicken and fish) are some examples of healthy food.
- ❖ **Unhealthy foods** are foods that are **not good for us** because they have **too much oil and fat** as well as **sugar**
- ❖ Eating too much unhealthy foods such as burger, doughnuts, pizza, sweets and ice cream can make us get diabetes and overweight

1) Look at the pictures of foods below and label them as healthy or unhealthy foods

		
Healthy    Unhealthy	Healthy    Unhealthy	Healthy    Unhealthy
		
Healthy    Unhealthy	Healthy    Unhealthy	Healthy    Unhealthy

2) Read the questions carefully and fill in the blanks using the helping words below

vegetables	snacks	fats
beef	bread	Ice-cream

- a) Eating too many \_\_\_\_\_ can make our body unhealthy.
- b) Eating meats such as chicken, \_\_\_\_\_ and fish helps our body grow tall and strong.
- c) Unhealthy foods are foods that have too much oil and \_\_\_\_\_
- d) \_\_\_\_\_, rice and potato are examples of healthy foods.
- e) Chocolates, sweets and \_\_\_\_\_ are examples of unhealthy foods.
- f) Fruits and \_\_\_\_\_ are vitamins that protect us from germs and protects us from falling sick.