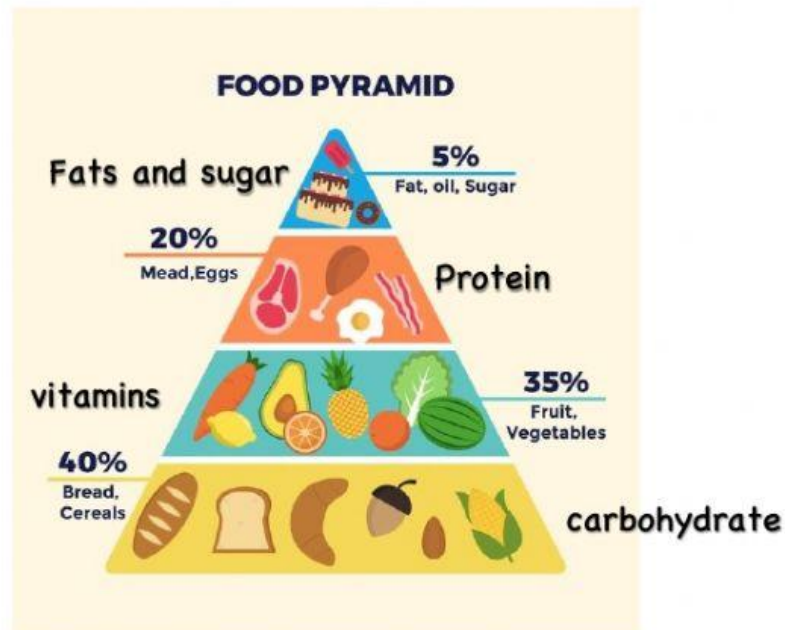


Name: \_\_\_\_\_ Date: \_\_\_\_\_

Food and Your body

Four group of food:



A. Use the words below to answer the questions

1. \_\_\_\_\_ : Examples – bread, noodles, rice, pasta and potatoes.
2. \_\_\_\_\_ : Examples – soy beans, fish, chicken, beef, milk, cheese
3. \_\_\_\_\_ : Examples – egg and milk
4. \_\_\_\_\_ : Examples – fruits and vegetables
5. \_\_\_\_\_ : Examples – Butter and oil

B. Go, Grow, Glow food

**Go food** : Give energy (carbohydrates)

Examples of food: \_\_\_\_\_

**Grow food**: for growth and repair damage (Protein)

Examples of food: \_\_\_\_\_

**Glow food**: for healthy skin eyes and teeth (vitamins)

Examples of food: \_\_\_\_\_

C. Choose the correct food using the answers below

1. Balanced diet contains the right types and right amount of food.

For example: \_\_\_\_\_

2. Unbalanced diet contains too many unhealthy food for example too much sugar, oily or salty food.

For example: \_\_\_\_\_

3. Too much sugar in blood can cause **diabetes**.

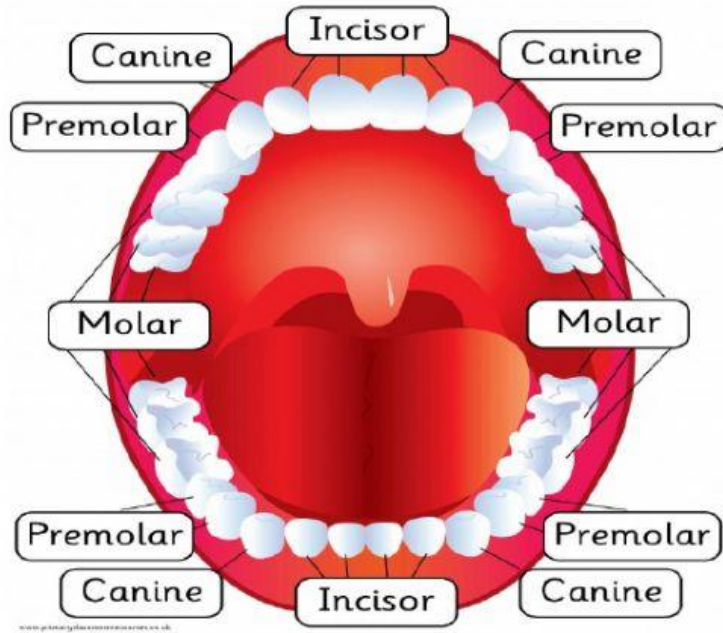
4. Unbalanced diet can cause **obesity**.

5. Roughage helps to **prevent constipation**.

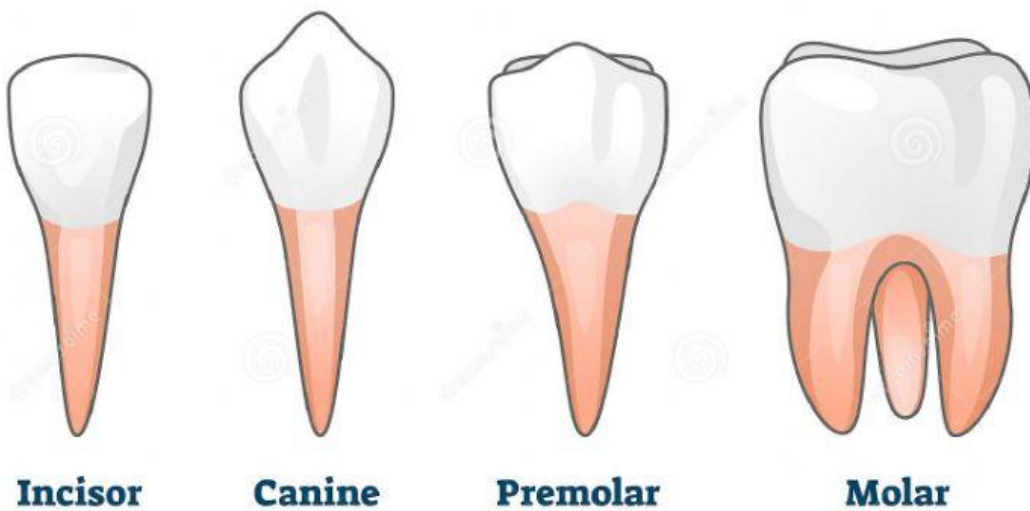
For example: fruits and vegetables, bread and cereals

## TYPES OF TEETH

# Teeth



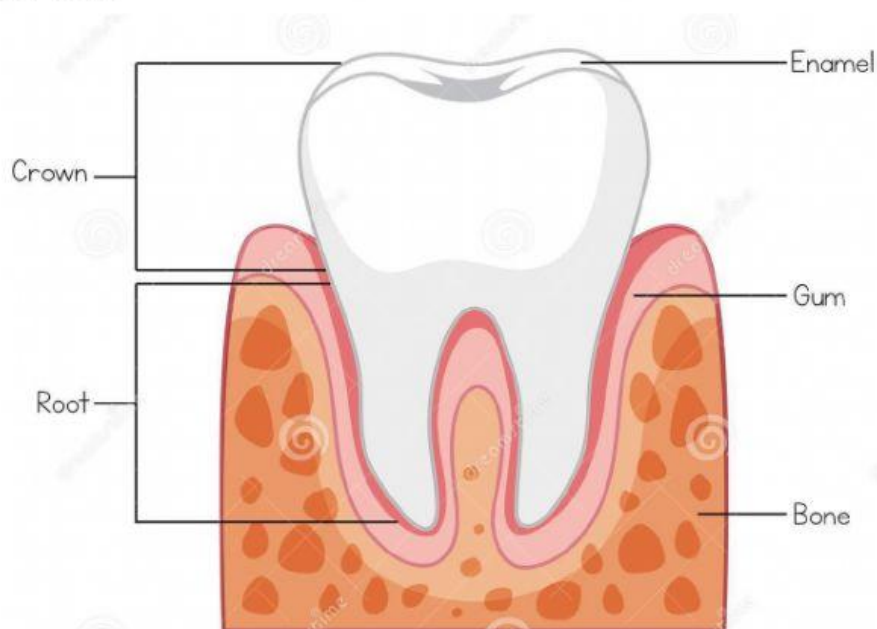
## TYPES OF TEETH



## Types of teeth and its functions.

1. Incisors is used to \_\_\_\_\_
2. Canine is used to \_\_\_\_\_
3. Molars and premolars are used to \_\_\_\_\_

## Parts of a tooth



## Tooth decay

1. How to prevent tooth decay?

