

Key Words to Know

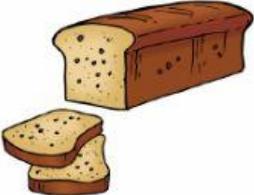
healthy water food sneeze

Hint

Do you know that you have to drink at least six glasses of water everyday?

Healthy Food

Tick (✓) healthy food and cross out (x) less healthy food by each item.

 Ice cream	 Apple	 A good meal
 Bread	 Sweets	 Vegetables
 Canned Drink	 Burger	 Egg



Activity

Draw and colour a picture of your favourite food.