

# Synonyms

Synonyms are words that have almost the same meaning.

Synonyms for **big**: large, huge, gigantic

**Circle the 2 synonyms for each set of words.**

1. toasty	chilly	cool	comfortable
2. walk	crawl	stroll	run
3. argue	scare	confuse	frighten
4. bravery	honesty	courage	winner
5. cook	drink	eat	munch
6. record	paint	draw	sketch

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

## Antonyms Worksheet (Matching)

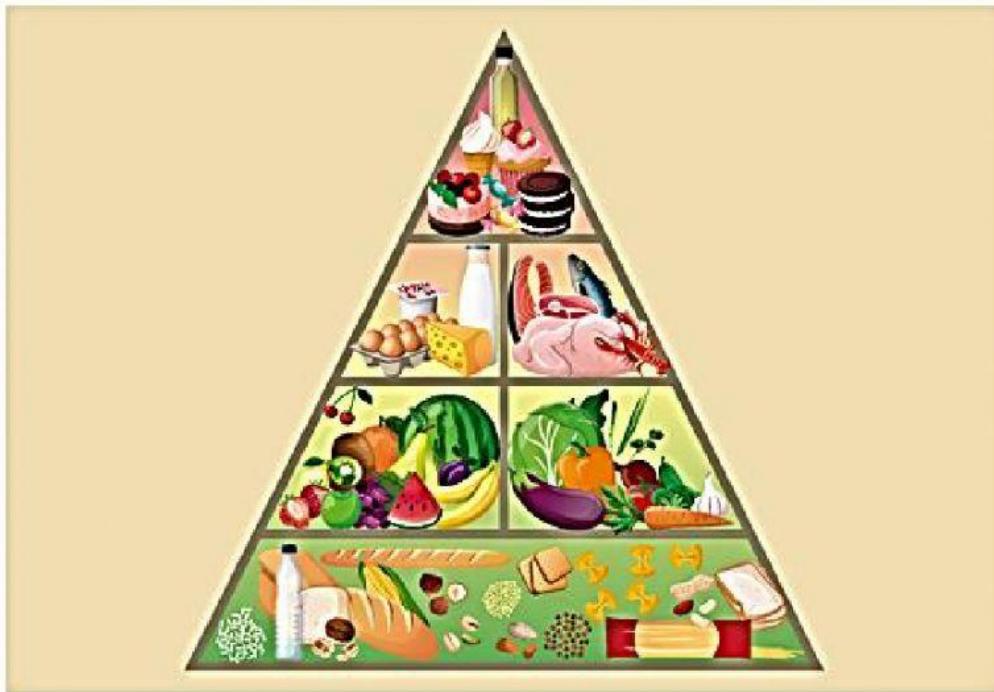
An antonym is a word opposite in meaning to another.

Directions: Match each word given below to its antonym.

1. fix	short
2. dumb	sad
3. tall	small
4. sleepy	break
5. fast	smart
6. happy	slow
7. big	awake

Did you know that nutrients help your body work correctly? Carbohydrates, proteins, fats, vitamins and minerals help you grow healthy. What do you need in order to be more active? You need energy! And it is in the calories you get from food and drinks.

The **Food Pyramid** was invented in 1974. It was a guide that helped you know which food you should include in your daily diet. It was divided into shelves. Each one had a food group that contained one type of nutrients: for example, the vegetable group or the fruit group.



Complete the next sentences. Use the reading above to complete the sentences.

1- \_\_\_\_\_ help your body work correctly.

2-Carbohydrates, proteins, fats , \_\_\_\_\_ and \_\_\_\_\_ help your body grow healthy.

3-From food and drinks you get \_\_\_\_\_.

4-In 1974 the \_\_\_\_\_ was invented.

5-The food pyramid has different \_\_\_\_\_ groups.

# FOOD GROUPS

