



# Foods for Health

**Directions: Choose the correct word to complete the sentence.**

**1 Dob ..... activities.**

- a) physical
- b) natural
- c) psychic

**2 The athlete's father has ..... a major role in her success.**

- a) done
- b) played
- c) had

**3 If you don't drink enough water, you'll get ..... .**

- a) dehydrated
- b) finished
- c) kept

**4 Bananas are an excellent ..... of energy.**

- a) source
- b) supply
- c) origin

**5 Kim tried to follow a(n) ..... diet with the right amount of fruit and vegetables.**

- a) even
- b) equal
- c) balanced

**Name:** \_\_\_\_\_ **Class:** \_\_\_\_\_ **No:** \_\_\_\_\_