Integrated Studies

NAME:

TEST #4

Grade:

Drag and drop words from the box to fill in the blanks and complete the passage correctly.

stronger	crawl	born	steps	bigger

We begin to grow as soon as we are _____. As we grow older, we get _____ and _____. Many of us start to _____ around at about 6 months old, then make small _____ and walk a few months later.

Choose the correct word to complete each sentence.

We eat foods to_____ our bodies.

a. vitamin b. nourish c. plants

Foods are placed in different _____.

a. yards b. parks c. groups

The three major food groups are Grow, Go and _____foods.

a. Glow b. Bright c. Farm

Yam, biscuits and butter are foods rich in _____.

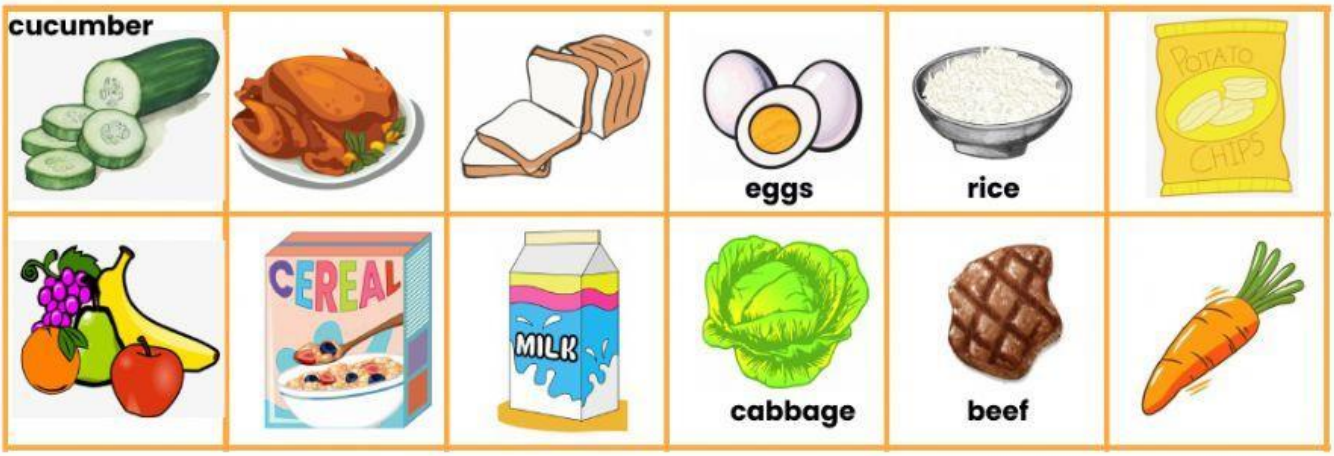
a. colours b. vitamins c. carbohydrates

Our glow foods make our _____ look clean and healthy.

a. teeth b. fingers c. skin

LIVEWORKSHEETS

Drag & drop each food to their correct group.



GO		GLOW		GROW	

T or F? Read each sentence. Read it again. If you think the sentence is correct, write **T** for true. If you think the sentence is wrong, write **F** for false.

1. Grow foods are rich in protein and give us strong bones and teeth. __
2. Fruits and vegetables are rich in carbohydrates.__
3. Our daily meals should have foods from all 3 group. __
4. Foods rich in carbohydrates give us the energy to work and play. __
5. Cheese, eggs and fish are all glow foods.__
6. The Public Health Inspector checks to make sure our meats are healthy before we can eat them. __

LIVEWORKSHEETS

Who am I? Draw a line to match the sentence to the correct picture.

I bake breads, buns, cakes and other pastries.



I go out to sea in a boat to catch fish for us to eat.



I provide hot and healthy meals for us to eat at school or restaurants.



I kill the animals so we can have the flesh for meat.



I plant crops such as yam, potatoes and vegetables.



Choose the best answer to complete each sentence.

1. We should always wash our _____ before and after we eat.
2. Always wash fruits and _____ before we eat them.
3. We are to protect our foods from _____ and other insects.
4. An _____ rears animals such as cows, goats and pigs.
5. A poultry farmer rears _____.

Draw a line to connect the two that go together.

goat meat	chicken	pork	beef









LIVEWORKSHEETS

A Trip to the Restaurant

Read the clues below. Then, drag and drop a ✓ to mark the chart.
The first one is done for you.

	juice	fruit	chicken	rice	salad	cake
Ben			✓	✓		
Jill						
Sue						
Tom						

1. Ben had chicken and rice.
2. Tom had a salad and juice.
3. Jill, Sue and Ben had fruit.
4. Jill & Ben also had salad and juice.
5. Sue had chicken, rice and cake.

How many people had chicken and rice?

Who had cake?

Who had the MOST food?



EAT RIGHT.

LIVEWORKSHEETS