Life Skills



Chapter 13

Healthy Food vs Junk Food

A. Match the words to healthy food or junk food by writing in the box :

1. Cavities ☐
2. Fried food ☐
3. Vitamin ☐
4. Fibres ☐
5. Weight Problems ☐
6. Water ☐
7. Artificial Sweeteners ☐



a. Healthy Food



b. Junk Food

B. Complete the sentences with contain or does not contain :



1. Bread and pasta _____ fibres.
2. Junk food _____ fibre.
3. Vegetables _____ vitamins.
4. Junk food _____ vitamins.
5. Healthy food _____ additives.

LIVEWORKSHEETS