Healthy Food

I. Classify each food by writing the number of the group food they belong.

1. Fats 2. Proteins 3. Vitamins and minerals 4. Carbohydrates

















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II. Choose the correct answer for each question.

1. Which nutrient gives us energy to stay active throughout the day?

2. Which of these foods is a good source of protein?

3. What do vitamins help with?

4. Which food contains healthy fats?

5. Eating too many unhealthy fats can lead to:

6. What is a good source of carbohydrates?

7. Which of the following is NOT considered a healthy food?

8. What nutrient is found in citrus fruits like oranges?

9. Why should we eat a balanced diet?

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