

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



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?