

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?