

# “What is Healthy Food?”

Student's name: \_\_\_\_\_ Date: \_\_\_\_\_

Healthy food is food that helps our body grow and stay strong. Fruits and vegetables are examples of healthy food. They are full of vitamins and minerals. Water is also important. It keeps us hydrated and helps our body work properly.

Some foods give us energy and help our brain. For example, fish, whole grains, and nuts are healthy options. Yogurt is good for our bones because it has calcium. These foods are rich in nutrients and are good for our health.

Unhealthy food can harm our body. Soda, chips, and candy have too much sugar, salt, and fat. Fast food like burgers and fries is tasty but not good if we eat it often. We should eat more fruits, vegetables, and natural food, and avoid processed food.

## A. Match the vocabulary with the meaning.

Word	Meaning
1. Healthy	a. Something that gives us power
2. Energy	b. Food that is good for health
3. Harm	c. To damage or hurt
4. Avoid	d. Not eat or do something

## B. Choose TRUE or FALSE

1. Vegetables are healthy. → TRUE / FALSE      3. Nuts and fish are unhealthy. → TRUE / FALSE
2. Soda is good for your body. → TRUE / FALSE      4. Fast food is good to eat every day. → TRUE / FALSE

## C. Complete the sentences with words from the box:

(use: vitamins – fast food – yogurt – water)

- \_\_\_\_\_ is good for your bones.
- Fruits and vegetables have many \_\_\_\_\_.
- We should drink plenty of \_\_\_\_\_ every day.
- Eating too much \_\_\_\_\_ is not healthy.

## D. Classify the following foods:

Foods:  Apple –  Hamburger –  Fish –  French fries –  Broccoli –  Candy

Healthy Food	Unhealthy Food

## E. Answer the questions (short answers):

- Why is water important?  
→ \_\_\_\_\_
- What should we avoid eating too often?  
→ \_\_\_\_\_
- What foods help our brain?  
→ \_\_\_\_\_