

"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
2. Soda is good for your body. → TRUE / FALSE
3. Nuts and fish are unhealthy. → 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)

1. _____ is good for your bones.
2. Fruits and vegetables have many _____.
3. We should drink plenty of _____ every day.
4. 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):

1. Why is water important?
→ _____
2. What foods help our brain?
→ _____
3. What should we avoid eating too often?
→ _____