

Activity 1

Name:

Level:

General Instructions

Hello, healthy chef! In this activity, you will review which foods give us energy, which help us grow, and which protect us from getting sick.

Part 1: Matching

1. Fruits and Vegetables 	A. Give us energy to run and play.
2. Grains (bread, tortilla, rice) 	B. Help us grow and repair muscles.
3. Legumes and Animal Products (beans, chicken, milk) 	C. Protect us from diseases.

Part 2. Fill in the Blanks.

Instructions: Complete the sentences using the words from the box.



1. Milk and yogurt have _____, which strengthens bones and teeth.
2. It is important to drink _____ every day to stay hydrated.
3. A _____ diet includes all food groups.

Part 3: Word Search

Instructions: Find the 4 hidden words. They can be horizontal or vertical.

Words to find:

- APPLE
- FISH
- EGG
- CARROT

A	P	P	L	E	F	G	H
F	I	S	H	M	R	J	K
L	M	E	G	G	N	O	P
C	A	R	R	O	T	Q	R
S	T	U	V	W	X	Y	Z