

Healthy Food

Name: _____

Date: _____

1. Classify the Food

Put the food in the right group:

Fruits	Vegetables	Proteins	Dairy	Grains

Apple – Chicken – Rice – Milk – Carrot – Bread – Fish – Banana – Cheese – Tomato

2. True or False

Write T or F:

1. Eating vegetables every day is healthy.
2. Soda is a healthy drink.
3. Drinking water helps your body.
4. Fast food is good to eat every day.
5. Fruits give your body vitamins.

3. Fill in the Blanks

Use: (water – vegetables – energy – fruits)

1. Eating _____ gives your body vitamins.
2. We should drink _____ every day.
3. _____ help keep our body strong.
4. Healthy food gives us _____.