HEALTHY or UNHEALTHY?

English Worksheet • Interactive-friendly for Liveworksheets

Name: _____ Grade: _____

1. Classify the food

Write **HEALTHY** or **UNHEALTHY** next to each food.

1. Apple _____	2. Hamburger _____
3. Carrots _____	4. Candy _____
5. Fish _____	6. French fries _____
7. Water _____	8. Soda _____
9. Banana _____	10. Ice cream _____
11. Eggs _____	12. Cookies _____

2. Choose the correct answer

1. Water is:	a) Healthy	b) Unhealthy
2. Candy is:	a) Healthy	b) Unhealthy
3. Vegetables are:	a) Healthy	b) Unhealthy
4. Soda is:	a) Healthy	b) Unhealthy
5. Fruit is:	a) Healthy	b) Unhealthy
6. French fries are:	a) Healthy	b) Unhealthy

3. Healthy habits

Circle or select the healthy habits.

1. Drink water every day.	2. Sleep 8–10 hours.
3. Eat vegetables.	4. Exercise regularly.
5. Eat candy all day.	6. Drink soda every day.

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7. Wash your hands.	8. Never eat breakfast.

4. True or False

Write **TRUE** or **FALSE**.

1. Apples are healthy. _____

2. Soda is healthy. _____

3. Exercise is good for our body. _____

4. Eating vegetables is unhealthy. _____

5. Drinking water is a healthy habit. _____

Great job! ■ Make healthy choices every day!

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