

Unit 4: Lunchtime - Food Origins & Healthy Living

Name: _____ Class: 1 _____ Date: _____

 **Instructions:** Answer all questions below. You may write on this worksheet or copy the answers neatly into your English Exercise Book.

Part A: Spelling & Classification (Writing in Table)

[8 marks]

Read the food words in the box. Write each word under the correct column:

apples

milk

carrots

chicken

bananas

cheese

potatoes

eggs

Food From Plants (4 items)	Food From Animals (4 items)
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____

Part B: Complete the Sentences

[4 marks]

Fill in the blanks with: **plants** or **animals**.

- Apples and bananas come from _____.
- Milk and cheese come from _____.
- Carrots grow in the ground, so they come from _____.
- Chicken drumsticks and beef come from _____.

Part C: Food Riddles (Higher-Order Thinking / KBAT)

[4 marks]

Read the clues and write the correct food word:

Riddle 1:

"I am long and orange. Rabbits love to eat me. I come from a plant. What am I?"

Answer: I am a c _____.

Riddle 2:

"I am white. I come from a cow. You drink me from a glass. What am I?"

Answer: I am m ____.

Riddle 3:

"I am round, red and sweet. I grow on a tree. An _____ a day keeps the doctor away!"

Answer: I am an a ____.

Riddle 4:

"I am yellow. I am made from cow's milk. People put me on pizza. What am I?"

Answer: I am c _____.

Part D: My Healthy Lunchbox

[4 marks]

Write your healthy lunch choices for school:

- One healthy fruit:** I have an/a _____.
- One healthy drink:** I drink _____.
- One food from animals:** I eat _____.
- Why is a lollipop not in your lunchbox?** (Write sentence: "It is not healthy.")
Sentence: _____.