

2

STAY STRONG, LIVE LONG!

1 Match.

carbohydrates

proteins

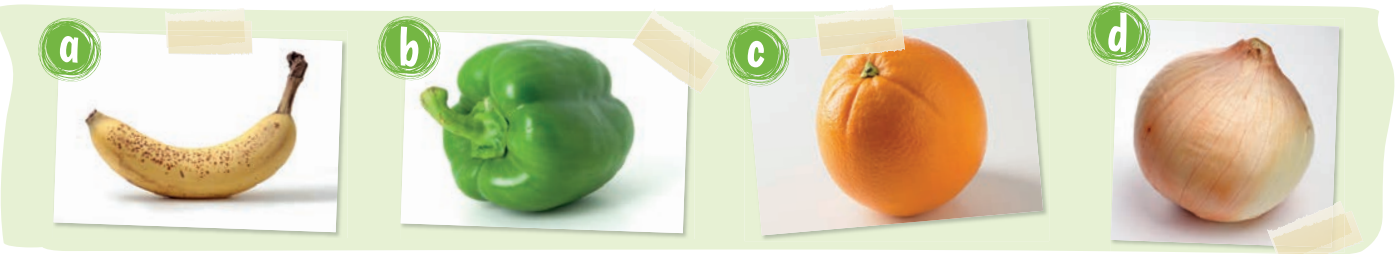
fats

dairy

fruit and vegetables

Illustrations: cheese, grapes, apple, fish, bread.

2 Circle fruit or vegetable.



fruit / vegetable

fruit / vegetable

fruit / vegetable

fruit / vegetable

3 Circle the odd one out.

fruit and
vegetables



carbohydrates



proteins



dairy



fats



4 Trace and match.



proteins



carbohydrates



fruit and
vegetables



dairy



fats

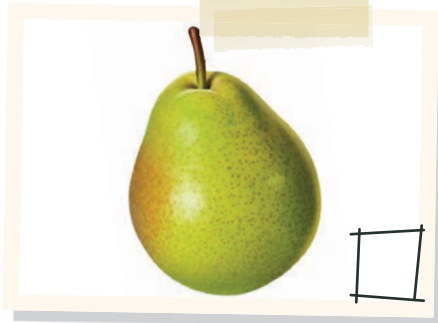


5 Are these snacks healthy? Put a tick (✓) or a cross (X) in the box.

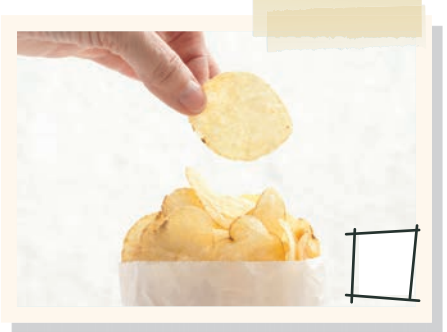
a donut



b pear



c crisps



d cola



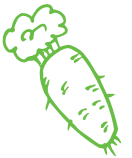
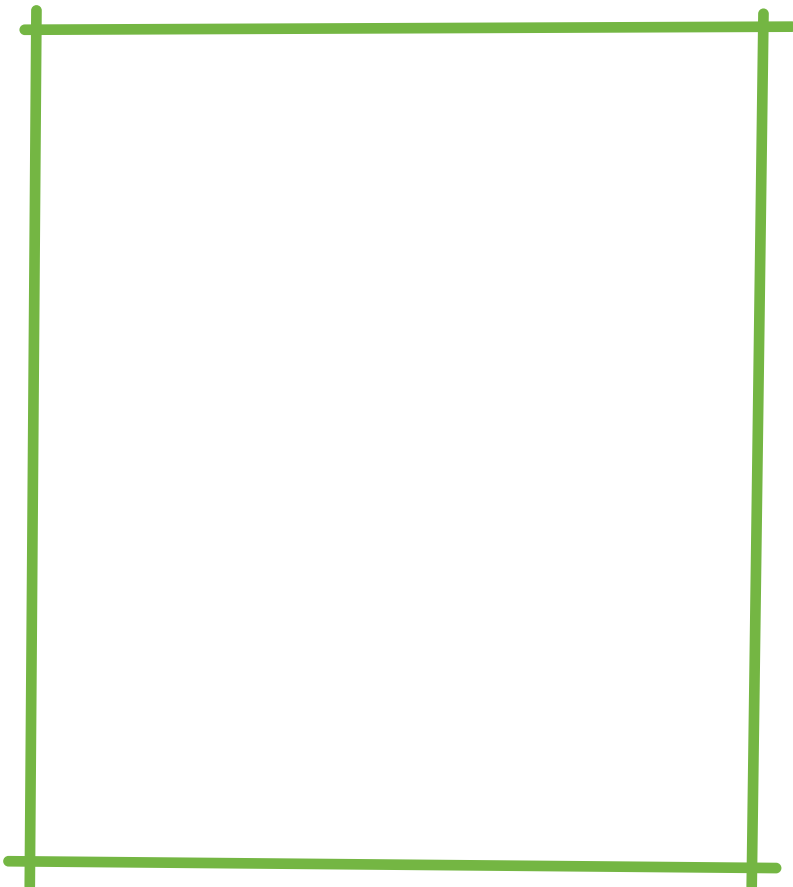
e yoghurt



f chocolate



6 Draw your favourite healthy snack. Complete the sentence.



My favourite healthy snack is _____.



7 Look at the pictures. Look at the letters. Write the words.

a



b r e a k f a s t

r e s b a f t a k

b



s n a k c

c



u n c h l

d



i d n n r e

8 Circle the correct option.

a Eat *three* / *four* / *five* times a day.

b Eat five portions of *fruit and vegetables* / *dairy* / *fats* a day.

9 Colour.



healthy



unhealthy

a



b



c



d

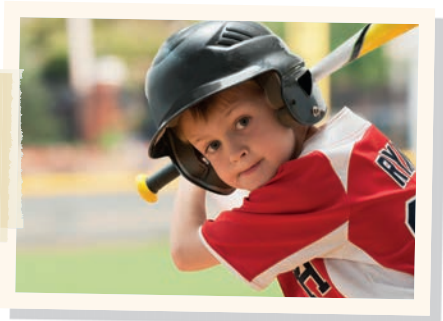


10 Circle the correct spelling. Write the words under the pictures.

muscles
mussels

healty
healthy

heart
hart



11 Circle the correct word.

- a I brush my teeth / tongue after meals.
- b I have a shower every week / day.
- c I wash my hands / hair before meals.



12 Match.

1



2



a



b



13 Read about Little Pasteur. Choose a word from the box.
Write the correct word next to letters b-d.



I don't like (a) crisps. They are unhealthy.

I always bring healthy snacks to (b) _____.

I like fruit, carrots, cereal, (c) _____ and

(d) _____.

14 How do they feel? Write.

happy angry sad

