

**Food groups****Q1. Complete the table with each of the food given below:**

rice, eggs, bread, carrots, oats, pawpaw, macaroni, lettuce, chicken, cheese, banana, jam, yogurt

Food for growth	Food for energy	Food for health

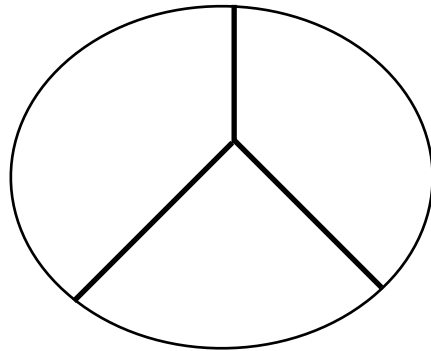
**Q2. Write True or False in the box:**1. Fresh vegetables and fruits are food for health. 2. Oily cakes are good for health. 3. We must drink plenty of water. 4. Healthy snacks are sweet and salty. 5. Peanut is a food for energy. **Q3. Name the 3 main meals of the day:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Qu4. Draw and labelled a balanced meal on the plate below:**



**Qu5. Ring the correct answer:**

(a) \_\_\_\_\_ is a food for energy.

A Noodle

B Apple

C Fish

D Egg

(b) Sweets and \_\_\_\_\_ are unhealthy snacks.

A sandwiches

B chocolate

C cereal bars

D pineapples

(c) \_\_\_\_\_ is a cereal that we commonly eat.

A Rice

B Thyme

C Sunflower

D Tea

(d) To enjoy good health, we must eat \_\_\_\_\_ regularly.

A oily cakes and fresh fruits

B pastries and green vegetables

C sweets and salty snacks

D fresh fruits and green vegetables.