

Food groups

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

Food for growth	Food for energy	Food for health
Eggs	Rice	Carrots
Yoghurt	Bread	Pawpaw
Chicken	Oats	Lettuce
Cheese	Jam	Banana
	Macaroni	

Q2. Write True or False in the box:

1. Fresh vegetables and fruits are food for health.

True

2. Oily cakes are good for health.

False

3. We must drink plenty of water.

True

4. Healthy snacks are sweet and salty.

False

5. Peanut is a food for energy.

False

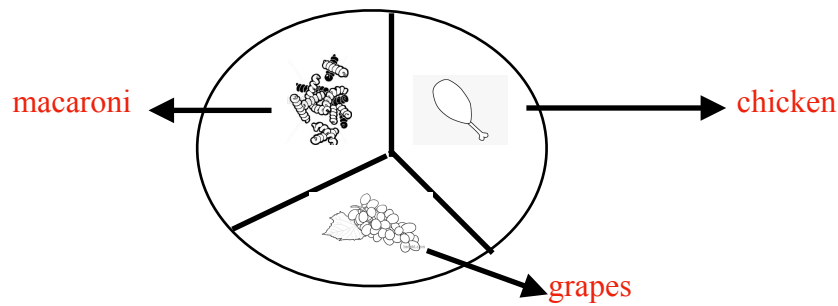
Q3. Name the 3 main meals of the day:

1. **Breakfast**

2. **Lunch**

3. **Dinner**

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.