

Food We Eat Worksheet

I. Name the following:

1. We eat this to stay alive.
2. It is a complete food.
3. This sweet food is not healthy.
4. We eat this meal in the morning.
5. We eat this meal at night.

II. Give two examples of each:

1. Fruit
2. Vegetables
3. Beverage
4. Meals
5. Milk-products

III. Fill in the blanks:

1. ----- is a complete food.
2. The children should drink ----- glasses of milk daily.
3. ----- gives us energy.
4. ----- helps us to grow.
5. Eating ----- and ----- keep us healthy and strong.

IV. True or False:

1. Chocolate, candy, and chips are healthy food.
2. We do not drink milk.
3. Milk is a complete food.
4. Fruits and vegetables are healthy food.
5. We do not eat fruits.