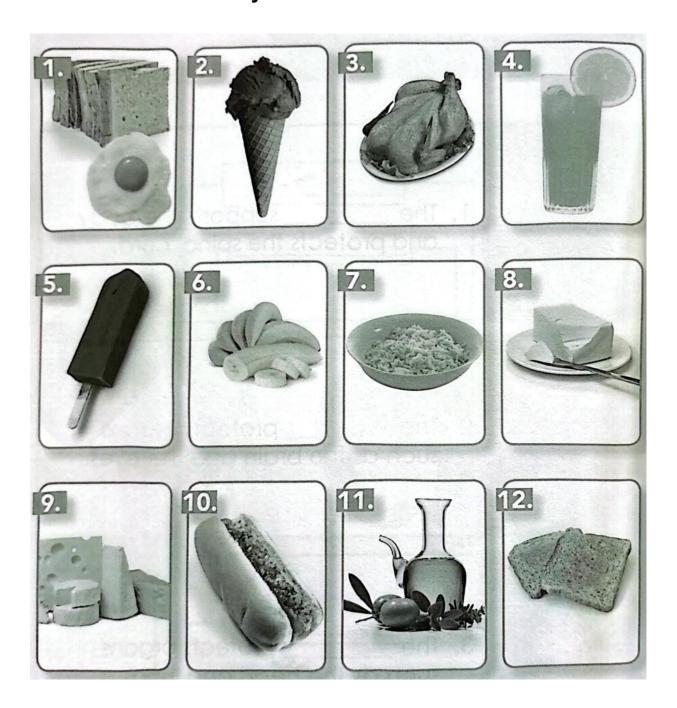


Worksheet

Name:		Subject:	Science - Healthy food
Class:	Third grade	Date:	

A. Circle the healthy foods.



B. Use the pictures in exercise (A), classify the healthy foods and write their names in the correct boxes below

Proteins	Carbohydrates	Healthy Fats	Fibers & Vitamins	

C. Give two examples of each i	ooa group.
1. Proteins	
2. Carbohydrates	
3. Healthy fats	
4. Fruits	
5. Vegetables	

D. Read what's in the two lunch boxes below A and B. Then answer the questions that follow.

Α	В		
Pizza	Pizza		
Chicken salad	Salad		
Apple	Chocolate bar		
Bottle of water	Piece of cake		
Packet of chips	Cola		

a.	Which	lunch	box	contains	the	healthier meal?	
----	-------	-------	-----	----------	-----	-----------------	--

4			

b. G	ive t	wo r	easons	s wh	y .
------	-------	------	--------	------	------------

1	I			

Science Department Teacher: Sara Samawi