

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 food 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.

A	B
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?

b. Give two reasons why.

1. _____

2. _____

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