

1. Write True or False.

**Example:** If we don't eat healthy food, our bodies don't work well. **True**

- a) We should eat different types of food. \_\_\_\_\_
- b) A balanced diet and sports are important to be healthy. \_\_\_\_\_
- c) Food like pizza and hamburger helps our body to build muscles. \_\_\_\_\_
- d) Jogging is the best sport to build a healthy body. \_\_\_\_\_

2. Answer the questions.

- a) What does healthy food do for our body?  
.....
- b) What is 'A balanced diet'?  
.....
- c) Is eating healthy food enough to build a healthy body?  
.....

3. Write H for 'healthy' or UH for 'unhealthy' next to each food and drink.

chips	<input checked="" type="checkbox"/>	cabbage	<input checked="" type="checkbox"/>	spinach	<input type="checkbox"/>	pizza	<input type="checkbox"/>	cookies	<input type="checkbox"/>
sweets	<input type="checkbox"/>	apples	<input type="checkbox"/>	oranges	<input type="checkbox"/>	chicken	<input type="checkbox"/>	fish	<input type="checkbox"/>
cheese	<input type="checkbox"/>	yoghurt	<input type="checkbox"/>	hamburger	<input type="checkbox"/>	cakes	<input type="checkbox"/>	milk	<input type="checkbox"/>
fruit juice	<input type="checkbox"/>	cereal	<input type="checkbox"/>	pasta	<input type="checkbox"/>				