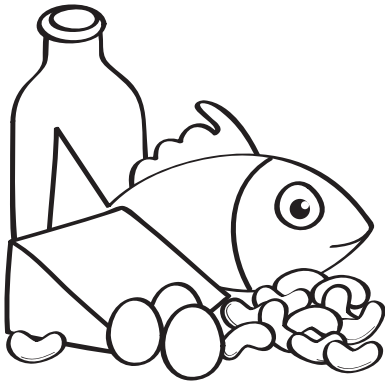


Healthy food

- Look at the pictures below and answer the questions.

Proteins



Carbohydrates



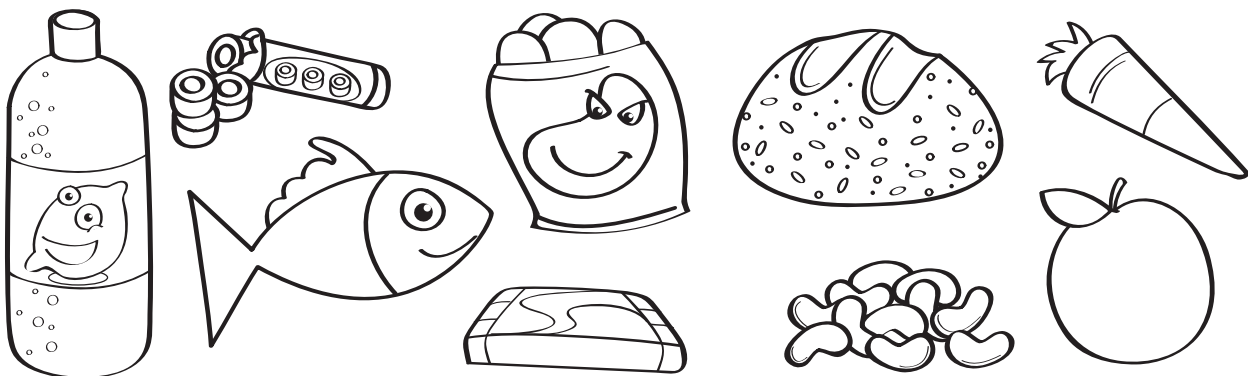
Fruit and vegetables



- Complete these sentences:

1. Proteins help us to _____.
2. Carbohydrates give us _____.
3. Fruit and vegetables keep us _____.
4. Which foods in the pictures have you eaten today? _____

5. Colour in the foods below that you think are healthy.



I can identify different types of food.

How did you do?

