

Name: _____

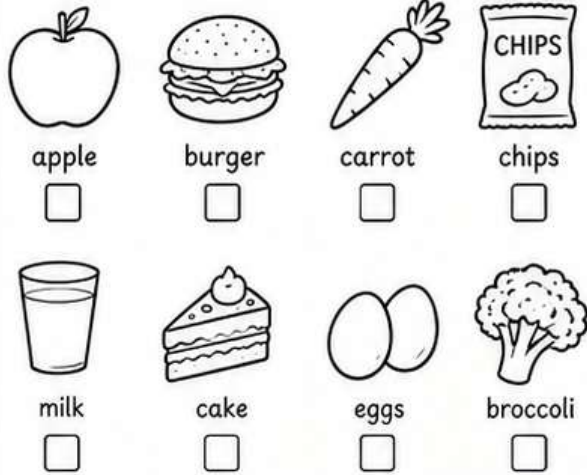
UKG Worksheet

Food and Healthy Habits

Date: _____

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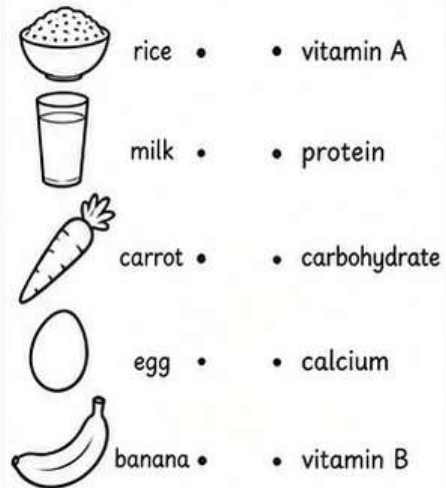
1. Tick (✓) the healthy foods.



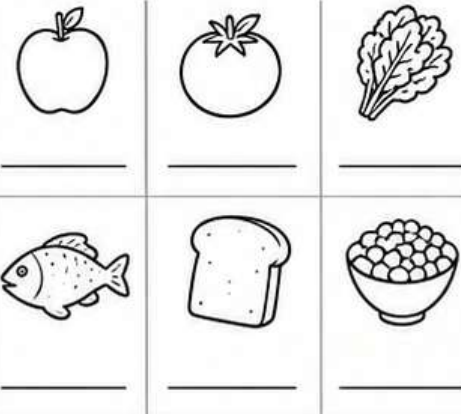
2. Circle the junk foods.



3. Match the food with the nutrient it gives.



4. Write the name of the food shown.



5. Fill in the blanks.

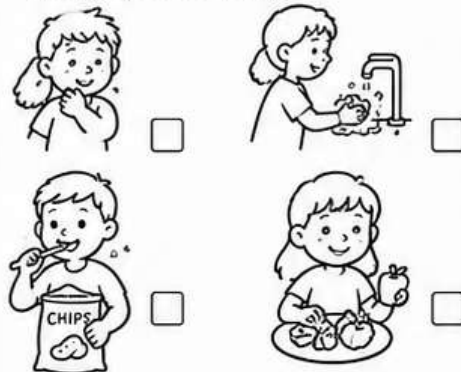
- a. We need _____ to grow and stay strong.
- b. _____ gives us energy.
- c. We should drink _____ water every day.
- d. _____ and _____ keep our body clean.



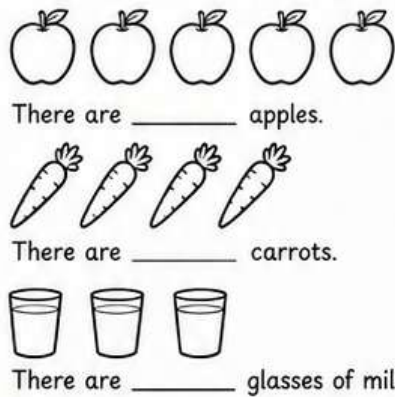
6. Circle the things we do to stay healthy.



7. Put a cross (x) on the things that are not good for health.



8. Count and write the numbers.



9. Tick (✓) the good habits.

- ☐ eating vegetables
- ☐ washing hands before eating
- ☐ brushing teeth twice a day
- ☐ wasting food
- ☐ playing outside
- ☐ sleeping on time



10. Colour the foods that give us strength.



11. Which food is a source of calcium?

- a. rice
- b. milk
- c. bread
- d. potato



12. Look at the picture. Write the healthy habit.



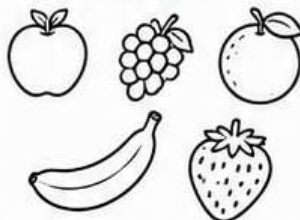
13. Put the words in the correct group.

apple burger milk cake carrot chips

Healthy foods

Junk foods

14. Colour the fruits.



15. What should we do before eating?

- a. wash hands ☐
- b. play ☐
- c. watch TV ☐
- d. sleep ☐

16. Draw and colour your favourite healthy food.

