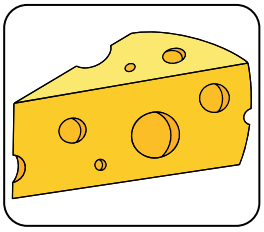
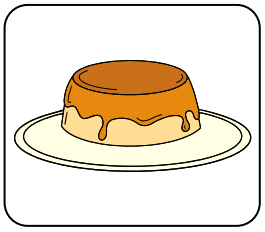
Name: ..... **Class:** .....

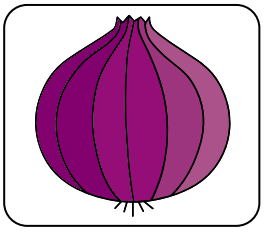
Instruction: Identify each food item and mark the correct option.



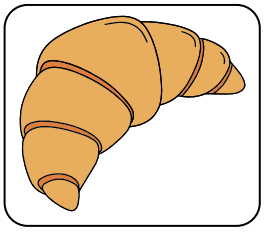
- ○ Healthy
- ○ Unhealthy



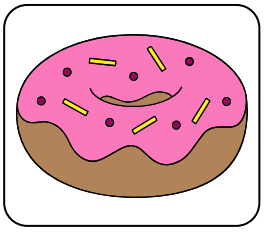
- ○ Healthy
- ○ Unhealthy



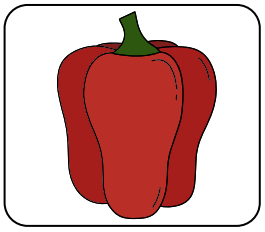
- ○ Healthy
- ○ Unhealthy



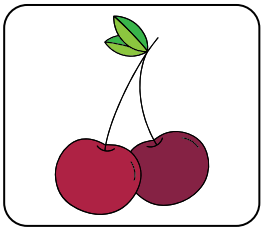
- ○ Healthy
- ○ Unhealthy



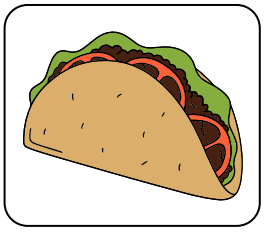
- ○ Healthy
- ○ Unhealthy



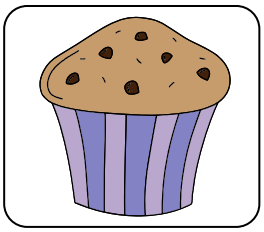
- ○ Healthy
- ○ Unhealthy



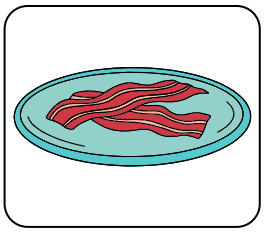
- ○ Healthy
- ○ Unhealthy



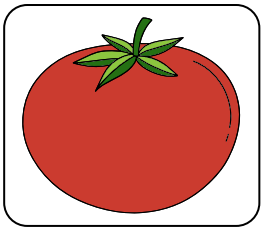
- ○ Healthy
- ○ Unhealthy



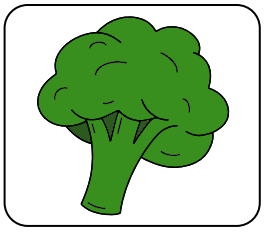
- ○ Healthy
- ○ Unhealthy



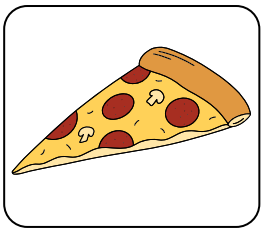
- ○ Healthy
- ○ Unhealthy



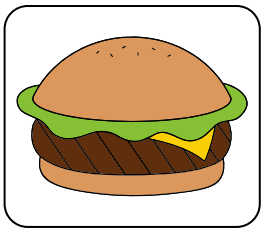
- ○ Healthy
- ○ Unhealthy



- ○ Healthy
- ○ Unhealthy



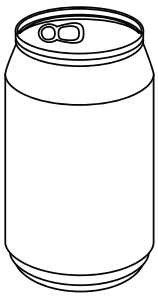
- ○ Healthy
- ○ Unhealthy

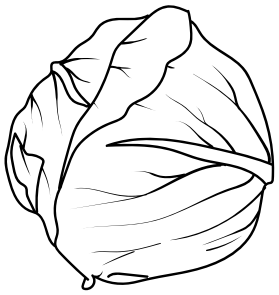


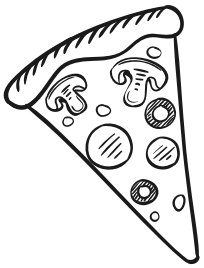
- ○ Healthy
- ○ Unhealthy

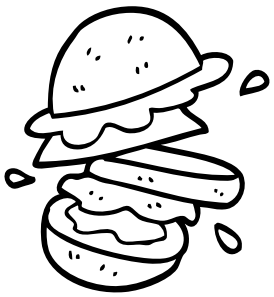
Name: ..... **Class:** .....

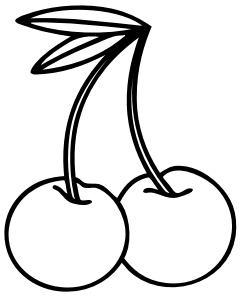
Instruction: Color the healthy food and cross out the unhealthy.

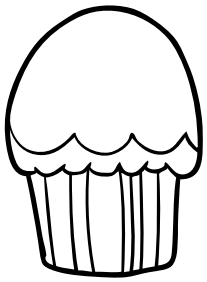


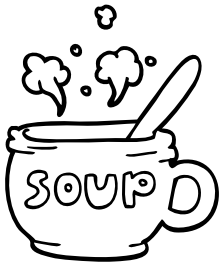


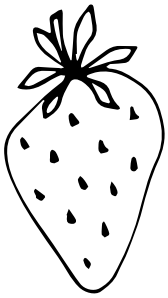


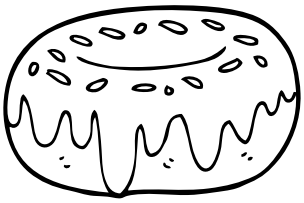


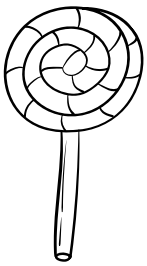


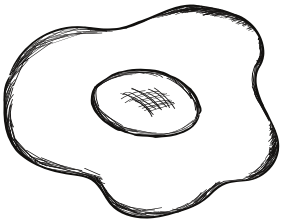


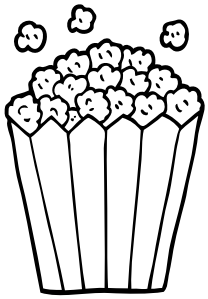






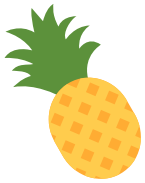


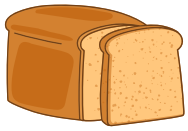


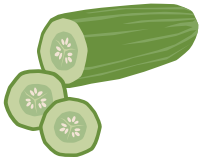


Name: ..... **Class:** .....

Instruction: Look at the food and drink listed below. To which group does each of them belong?

A 

B 

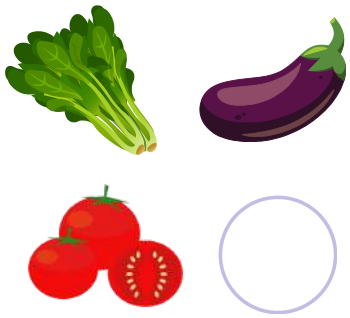
C 

D

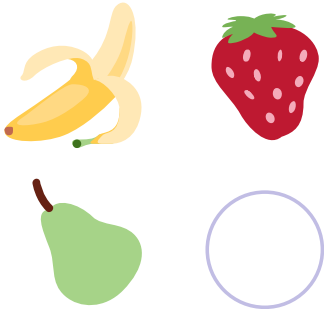
E

F

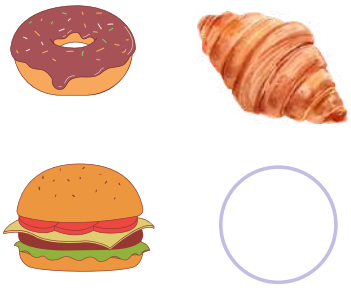
Vegetable



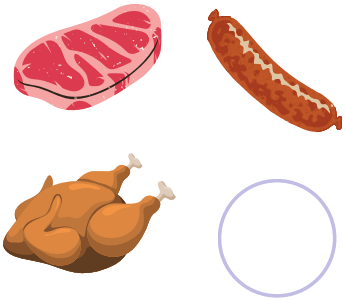
Fruit



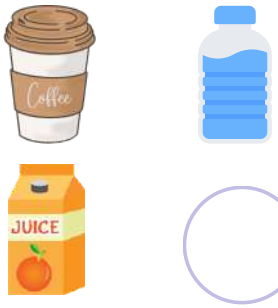
Bakery



Meat & Fish



Drink



Snack

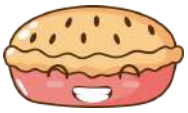
Name: ..... **Class:** .....

Instruction: Unscramble the letters, write the word down and connect to the correct Food element

PEAPL

APPLE

EOLTEEMT



AMTOTO

SACNTRSIO

RGEAON

AOCNB

OTOHGD

IEP

SBANAAN

SCOIEKO

Name: ..... **Class:** .....

Instruction: Can you find the fruits hidden in the puzzle?

C	L	I	F	O	R	A	P	I	Z	Z	A
H	S	C	O	R	I	C	E	N	Y	A	I
I	Q	A	M	N	W	E	X	T	B	S	C
C	A	R	N	O	P	G	A	O	U	A	E
K	P	R	U	D	N	I	R	T	R	N	C
E	M	O	A	M	W	R	E	D	G	A	R
N	I	T	E	L	U	I	C	F	E	R	E
T	L	O	A	S	T	C	C	G	R	I	A
H	O	T	D	O	G	B	N	H	A	K	M
R	T	B	E	U	O	C	E	G	M	I	O
C	R	I	N	P	E	O	R	A	N	G	E
C	H	O	C	O	L	A	T	E	R	I	Y

BURGER PIZZA ICE CREAM SOUP

ORANGE CHICKEN CHOCOLATE PIE

HOT DOG CARROT SANDWICH RICE

Name: ..... **Class:** .....

Instruction: look at different food items and put them in the right food group.

FISH	CHICKEN	MEAT	PASTA	CARROT
BREAD	BROCCOLI	CAKE	SPINACH	CHEESE
MILK	YOGHURT	PEACH	APPLE	BANANA
NUTS	CHOCOLATE	BUTTER	PEAR	POTATOES
RICE	TOMATO	BEANS	EGGS	ICE CREAM

Carbohydrates	
Proteins	
Fruits & Vegetables	
Fats & Sugars	
Dairy	