

Name : _____

Healthy or Not Healthy?

Fill in the blanks using appropriate words or phrases related to food.

- 1) We get _____ from the food we eat every day.
- 2) _____ food contains preservatives.
- 3) _____ food is pure and has no chemical substances added to it.
- 4) Healthy food is _____.
- 5) Junk food is low _____ fat content.
- 6) _____ so it lasts longer.
- 7) A _____ in the right proportion.
- 8) A person who _____ a _____.
- 9) Excessive consumption of sugary drinks increases our body _____.
- 10) Salty snacks, sweetened breakfast cereals and sugary drinks are _____.

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Name : _____



Healthy or Not Healthy?



Fill in the blanks using appropriate words or phrases related to food.

- 1) We get energy from the food we eat every day.
- 2) Processed food contains preservatives.
- 3) Natural food is pure and has no chemical substances added to it.
- 4) Healthy food is rich in nutrients.
- 5) Junk food is low in fat content.
- 6) Preservative is added to food to make it last longer.
- 7) A balanced diet contains the right proportion of nutrients.
- 8) A person who gives advice about food is called a dietitian.
- 9) Excessive consumption of sugary drinks increases our body weight.
- 10) Salty snacks, sweetened breakfast cereals and sugary drinks are unhealthy.

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