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 rich in vitamins, minerals, and other ________________.

5) Junk food is low in ________________ and in fat content.

6) ________________ contains all the essential nutrients in the right ________________.

7) A ________________ proportion.

8) A person who gives advice on food and eating is called a ________________.

9) Excessive consumption of sugary drinks increases our body ________________.

10) Salty snacks, sweetened breakfast cereals and sugary drinks are ________________.
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 vitamins, minerals, and other _______ nutrients _______.

5) Junk food is low in _______ energy _______ and in fat content.

6) _______ Preservative _______ are chemicals added to the food so it lasts longer.

7) A _______ balanced _______ diet contains all the essential nutrients in the right A proportion.

8) A person who gives advice on food and eating 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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