

Name:.....

Date: .....

Class: II Sec: .....

Subject:

**A. Priya is going for school picnic. She helps her mom pack a picnic basket for her teacher and friends. Help her choose the right food and write their names in the correct box.**

Tomato, Sweet Potato, Chicken, Burger, Soy Milk, Litchi, Broccoli, Doughnut, Yogurt, fish fingers  
Musk melon, sugar, boiled egg, cheese pizza, peach, French fries, pineapple pastry, olive oil, brown rice

Energy giving food	Protective food	Body building food	Junk food

**B. Write five healthy eating habits:-**

Riya has a little brother Raj. Riya needs help from you to teach her brother five healthy eating habits. She has told him one, help her with four more.

1. Never waste any food .
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_





# Healthy Eating: Color in the Food Pyramid

Eating healthy foods gives you more energy to play and can even help you do better in school!  
Below is a picture of a food pyramid; a diagram that tells us the foods that are healthy to eat.

CIRCLE the foods that DO NOT BELONG  
COLOR in the foods that BELONG



C. Write any five things you would do to take good care of your teeth and five foods that are bad for our teeth:-

Good For My Teeth:	
	BAD For My Teeth: