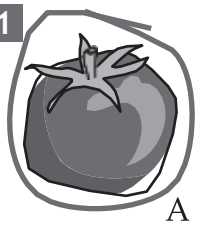
2 A balanced diet

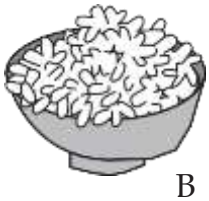
Cross-curricular worksheet 2

1 Write. Circle the odd one out in EACH group.

vegetables olive oil prawns rice fish carrots chicken
noodles cake apple ~~tomato~~ biscuits

1

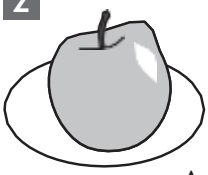

A

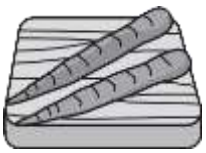

B

C

tomato rice noodles

2


A


B

C

apple carrots biscuits

3

A

B

C

Fish chicken vegetables

4

A

B

C

olive oil prawns cake

2 MATCH. DRAW one more food item to MAKE A HEALTHY MEAL.

1

This is my lunch. I've got chicken and rice. I've got an apple and a glass of milk too.

C

2

I like fish. I've got fish and salad for lunch. I've got a glass of milk too.

A

3

I like sandwiches. I've got a prawn sandwich today. I've got a glass of milk too.

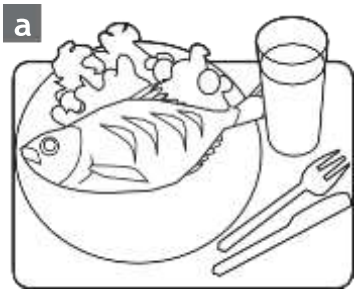
B

4

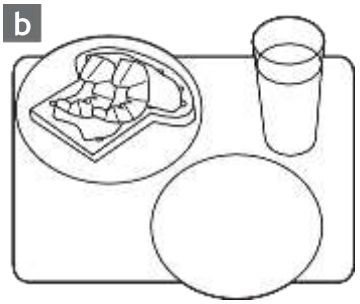
I love noodles. Today I'm having noodlesand vegetables. I've got a glass of water and a yoghurt too.

D

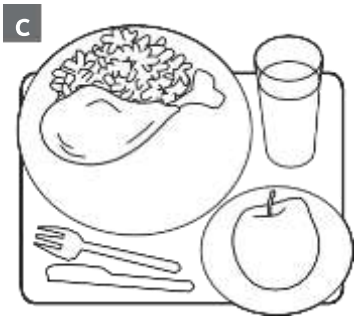
a



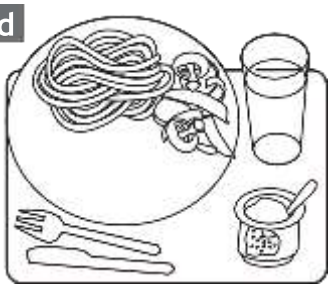
b



c



d



Healthy eating

Project Pack

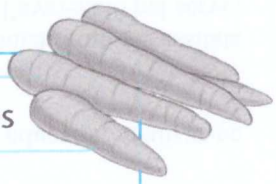
Worksheet 2

1 Read and write.

cakes bananas milk oil carrots eggs fish ~~pasta~~
berries potatoes yoghurt bread chocolate cheese chicken

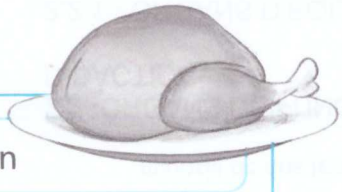
Carbohydrates

pasta
bread



Fruit and vegetables

bananas
carrots
berries
potatoes



Protein

eggs
fish
chicken

Dairy

milk
yoghurt
cheese

Fats and sugar

cakes
oil
chocolate

2 Add two more foods to each group.

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