

Eating Healthy Foods Review

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Let's Learn About Good Food!

Name: _____

Date: _____

Answer the questions about healthy foods and how they help us.

1. Fruits and ___ help us stay healthy.

2. Protein helps our muscles grow.

True False

3. What do we drink to help our body work well? Circle the correct answer.

Juice

Soda

Water

4. Draw a line from the food to its group.

Apple

Fruit

Chicken

Protein

5. Eating healthy foods is a way to honor God.

True False

6. What is one way we can thank God for good food? Circle the correct answer.

Pray before meals

Eat junk food

Ignore our meals

7. Water helps our body work ____.

8. What can help our bodies grow strong?

A. Candy

B. Healthy foods

C. Chips

9. All foods are equally healthy for our bodies.

True False

10. Name one healthy food you like to eat.

Answer Key

1. vegetables 2. True 3. Water 4. Fruit 5. True 6. Pray before meals 7. well 8. Healthy foods 9. False 10. I like carrots.