

# Foods That Help Me Grow

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Staying Healthy and Strong

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer the questions about healthy foods.

1. Trace the word that tells us what we eat.

FOOD

2. What did God give us for food? Circle the correct answer.

Air and water

Healthy foods

Toys and games

3. Draw a line from each food to its category.

Apple

Helps Me Grow

Candy

Special Treats

4. Name one food that helps you grow.

5. All foods are healthy for us.

True

False

6. God gave us \_\_\_ to help us grow strong.

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## Answer Key

1. FOOD 2. Healthy foods 3. Apple, Candy 4. Carrots or apples. 5. False 6. food