

Strong Bones, Strong Muscles

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Review Your Learning!

Name: _____

Date: _____

Answer the questions below.

1. Trace the word that helps make our bones strong.

MILK

2. What gives our body energy? Circle the correct answer.

Candy

Fruits and vegetables

Chips

3. Draw a line from the food to its benefit.

Milk

Strong bones

Fruits

Energy

4. What helps muscles grow? Circle the correct answer.

Exercise

Soda

Cookies

5. Eating good food is a way to honor God.

True

False

6. We can thank God for our ____ body.

Answer Key

1. MILK 2. Fruits and vegetables 3. Strong bones 4. Exercise 5. True 6. amazing