

Self-Study Plan for Students During Class Suspension

04/05/2020

Workbook

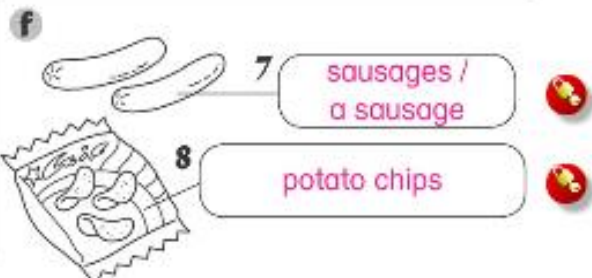
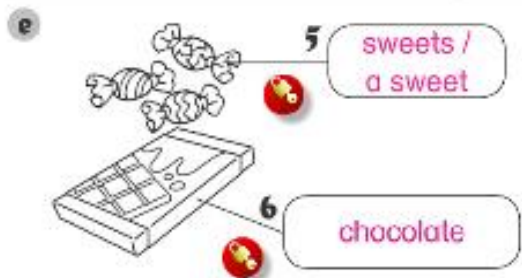
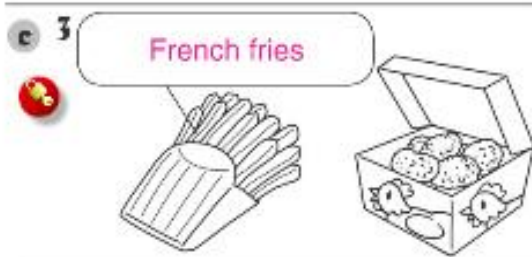
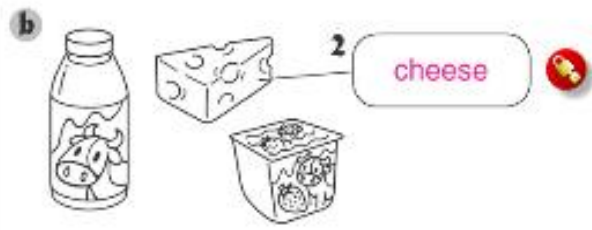
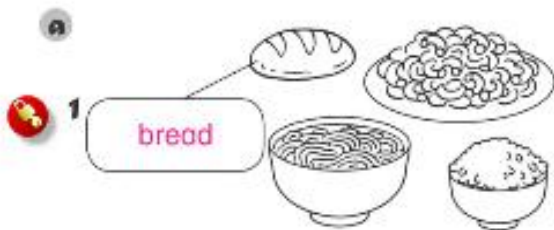
Answer Key



A balanced diet

Date: _____

A Look and write the food names. (Accept any reasonable answers.)



Write the names of the above food groups.

a grain products

b dairy products

c fried food

d soft drinks

e sugary food

f salty food

They are not good for you. They are junk food.

Date: _____

good for

bad for

B The children are making a poster about food groups. Finish the captions.



Eat food that is good for us.
Don't eat food that is bad for us.

1

Salty food is bad for us.

2

Vegetables are good for us.

3

Grain products are good for
us.

4

Sugary food is bad for us.

5

Fried food is bad for us.

6

Dairy products are good for
us.

~END~

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Answer Key

3

Healthy eating

Date: _____

A Put the letters in the correct order to form words.

1



atek
s teak

2



nnsoga
| ongans

3



asep
peas

4



cainmaro
macaroni

5



rpko
pork

6



iccoorbl
broccoli

7



trrcoas
carrots

8



ceshely
lychees

9



cltteeu
lettuce

10



ttphaseig
spaghetti

Put the words above in the correct groups. Write the numbers.

Pasta

4 10

Vegetables

3 6 7 9

Fruit

2 8

Meat

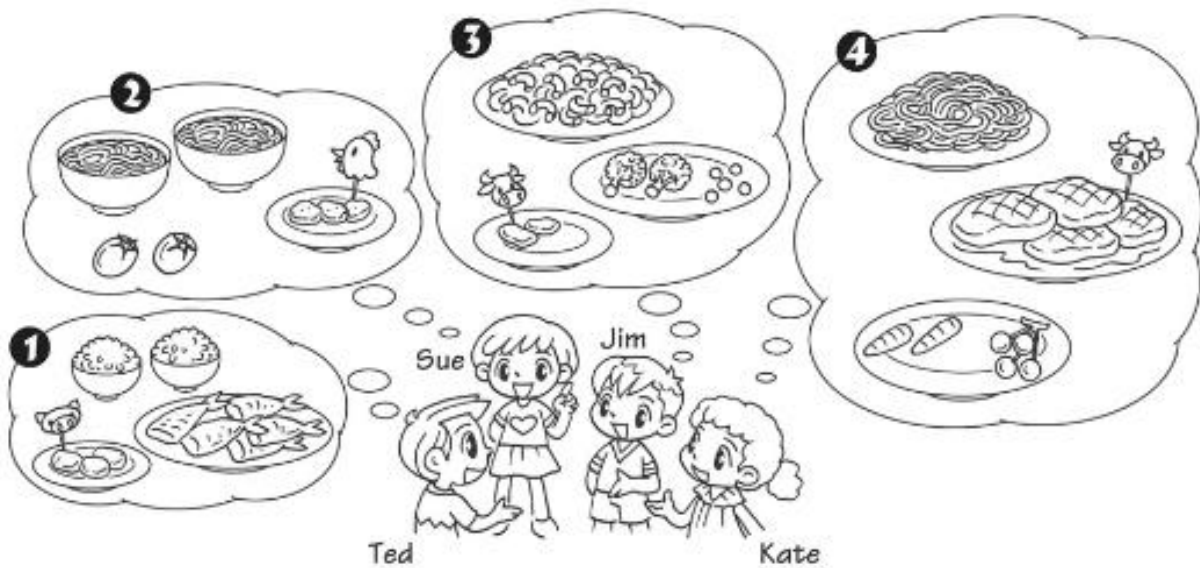
1 5

a lot of

a few

a little

B The children are talking about what they ate for dinner last night. Finish what they say.



- 1** Ted: I ate a lot of rice, a little pork and a lot of fish for dinner last night. What did you eat last night, Sue?
- 2** Sue: I ate a lot of noodles, a few tomatoes and a little chicken. What did you eat, Jim?
- 3** Jim: I ate a lot of macaroni, a little broccoli, a few peas and a little beef. What about you, Kate?
- 4** Kate: I had a big dinner. I ate a lot of spaghetti, a lot of steak, a few carrots and a few grapes.

(For nos. 3 & 4, the answers can be given in any order.)

.....
What did YOU eat for dinner last night?

I _____ (pupils' own answers)
