



**MINISTRY OF EDUCATION**  
**PRIMARY ENGAGEMENT PROGRAMME**  
**GRADE ONE WORKSHEET**

Name:.....

Date:.....

**SUBJECT:** SCIENCE

**LESSON:** 1 WEEK 2

**TOPIC:** HEALTHY FOODS

**FACTS/TIPS:** Eating healthy foods makes our bodies strong.

Fruits, vegetables, milk and water are some healthy foods.

**PRACTICAL EXAMPLE :**



**Fruits**

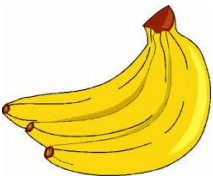
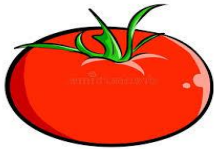
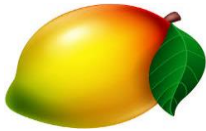


**Vegetables**

## ON YOUR OWN

Match these healthy foods to their names

### Food



### Names

milk

cucumber

tomato

banana

mango

## HOME WORK

Draw and name two other healthy foods

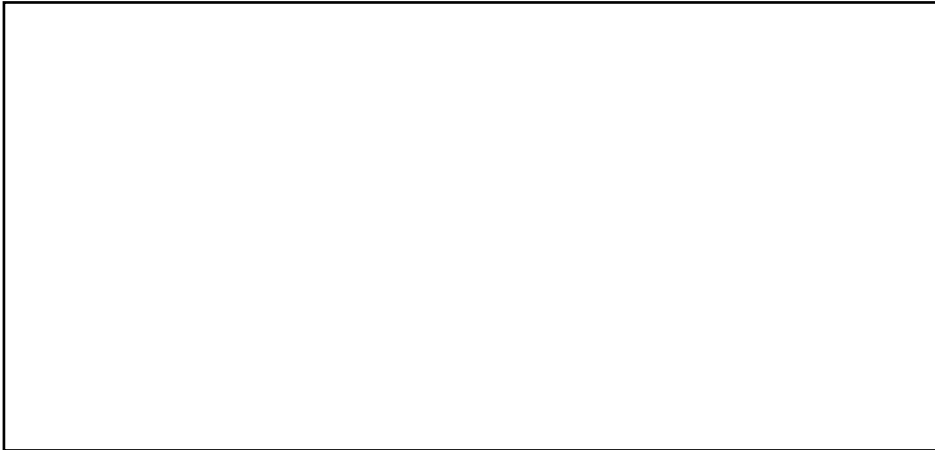


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**Draw and name any two unhealthy foods**



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