

Printable Test 4

Chapter 2: The Human Body and Health

Healthy Food Choices

Name: _____	Date: _____
Class: _____	Marks: _____ / 20

A. Choose the best answer.

1. Fruits and vegetables provide (vitamins and minerals / soap).
2. Grains give steady (energy / germs).
3. Proteins help build and repair (muscles / toys).
4. Dairy provides calcium for strong (bones and teeth / hair only).
5. Chips and fizzy drinks are (sometimes foods / everyday healthy foods).

B. Fill in the blanks.

1. Good things in food that help the body are called _____.
2. Milk and yogurt are _____ foods.
3. Chicken, fish, beans, and eggs provide _____.
4. A healthy plate should contain lots of fruits and _____.
5. Drink plenty of _____ with meals.

C. Sort the foods.

Write the correct food group.

1. Banana: _____
2. Rice: _____
3. Egg: _____
4. Yogurt: _____
5. Chips: _____
6. Carrot: _____

D. Answer.

1. Why are proteins important?

2. Give two examples of sometimes foods.
