



Name _____

Date _____

Healthy Eating

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1. Draw a plate and a glass. Draw and label what you think would be a healthy meal and drink in these and describe why.

2. Circle all the things which make a healthy snack.

- a. Chips
- b. Granola bar
- c. A kiwifruit
- d. Chocolate chip cookies
- e. Yoghurt

3. Circle all the things which make a healthy drink.

- a. Water
- b. Fruit juice which is low on sugars
- c. Regular soda
- d. Milk
- e. Milkshake



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4. Now imagine you are the mom or dad of a 4 year old child. You want his cells to be at their healthiest. So you offer him the healthiest, best foods you have. But he is 4, and only cares about how a food tastes. He does not know about cells and health, and is too young to understand. What will you tell him about healthy foods? Maybe you are a big sister or brother to a little one like this. What can you tell him or her about good foods?
