



Complete the Healthy Food Sentences

Read each sentence. Choose the correct word from the word bank and write it on the line.

milk vegetables grains protein water fruits healthy

1. We should drink _____ when we are thirsty.
.....
2. Eating _____ gives us vitamins and keeps us healthy.
.....
3. _____ help our body fight sickness and stay strong.
.....
4. _____ give us energy to play and learn.
.....
5. _____ makes our bones and teeth strong.
.....
6. Foods like fish, eggs, and beans are good sources of _____.
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7. We should eat _____ only sometimes.
.....
8. Eating a variety of healthy foods keeps our body _____.
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