

Name: \_\_\_\_\_

# Health Worksheets



Fill in the blanks with the correct words.

breakfast / three / healthy /  
doughnut / apple / strong /  
dinner / toothaches / lunch /  
overweight

1. I eat \_\_\_\_\_ times a day
2. In the morning, I have my \_\_\_\_\_
3. At noon, I have my \_\_\_\_\_
4. At night time, I have my \_\_\_\_\_
5. It is important to eat \_\_\_\_\_ foods
6. Eating healthy foods will keep my body \_\_\_\_\_ and healthy
7. Eating lots of fatty and oily foods will make me  
\_\_\_\_\_
8. Eating lots of foods containing too much sugar will give me  
\_\_\_\_\_
9. An example of a healthy food is \_\_\_\_\_
10. An example of an unhealthy food is \_\_\_\_\_

