

Name :

Date :

Think Sheet 6
General Knowledge

Grade 3

Section :

Roll No :

Healthy or Unhealthy food

A. Observe the given food items and write 'H' if they are healthy foods and 'U' if they are unhealthy foods.

1



2



3



4



5



6



7



8



9



10



11



12

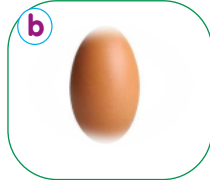


B. Choose the correct answer.

1. Which one is healthy ?



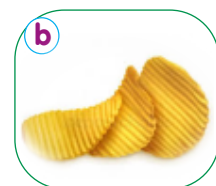
2. Which one is unhealthy ?



3. Which one is healthy ?



4. Which one is healthy ?



5. Which one is healthy ?



C. State whether the following statements are True or False.

1) Chocolate is a very addictive junk food.

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2) People ate junk food hundreds of years ago.

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3) Dairy products make our bones strong.

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4) We should eat more healthy food than unhealthy food.

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5) Having lots of sugar in food is good for your health.

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