

Food is very important in our life. There are two types of food. Healthy food – good food.
Junk food – bad food.

Write True / False.

1. Fruits are good for health.

2. We should not drink milk.

3. lollies are good for tooth.

4. Cake, chocolates, ice cream are junk food.

ACTIVITY 2 : Draw and Colour

Draw and colour any 5 good food

Draw and colour any 5 bad food

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