FOOD WORKSHEET

Learn • Match • Think • Have Fun!

1. VOCABULARY LIST



Apple
Banana
Bread
Cheese
Chicken



Egg
Fish
Milk
Orange
Rice

2. CATEGORIZE

Look at the words in the box and write them under the correct category.

Fruits	Vegetables	Dairy	Protein

Word Bank: apple – broccoli – milk – chicken – banana – carrot – yogurt – egg – orange – spinach – cheese – fish – rice

3. FILL IN THE BLANKS

Choose the correct word and fill in the blanks.

1. A _____ is a red fruit.
2. We get _____ from cows.
3. Bread is made from _____.
4. An _____ is orange and round.
5. _____ is a healthy protein.

orange
chicken
milk
rice
apple



4. TRUE OR FALSE

Read the sentences and circle True or False.

1. Bananas are yellow. True False
2. Cheese is a fruit. True False
3. Fish live in water. True False
4. Rice is a dairy food. True False
5. Milk helps our bones. True False



5. ANSWER THE QUESTIONS

Answer the questions with full sentences.

1. What is your favorite food? _____
2. What food do you eat for breakfast? _____
3. Why is it important to eat vegetables? _____



Eat healthy • Learn new words • Have fun!