

QUIZ

Match the foods below to the categories they belong to by drawing a line between them.

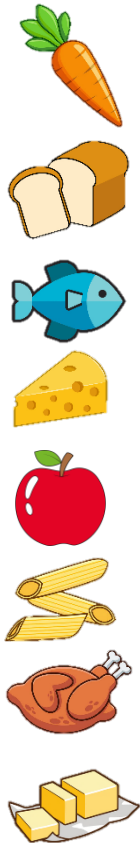
HINT: Use the Healthy Lifestyles board to help you.

Fruits & Vegetables

Carbohydrates

Proteins

Fats



HEALTHY LIFESTYLES

ACTIVITY BOOK



- Word Search
- Drawing
- Quiz



WORDSEARCH

FIND THE EXERCISE-THEMED WORDS IN THE GRID BELOW.

F	L	P	H	O	C	K	E	Y	T
O	Q	N	W	F	T	A	G	Z	R
O	R	U	G	B	Y	N	X	S	U
T	H	U	S	A	I	G	D	W	N
B	P	Y	M	K	E	O	A	R	N
A	V	R	L	T	D	C	N	L	I
L	K	A	H	U	J	S	C	Q	N
L	W	H	C	J	B	T	E	M	G
Z	S	W	I	M	M	I	N	G	X
P	G	L	N	T	E	N	N	I	S

- FOOTBALL
- TENNIS
- SWIMMING
- RUGBY
- WALKING
- DANCE
- HOCKEY
- RUNNING

DRAW YOUR FAVOURITE MEAL!

DRAW YOUR FAVOURITE BALANCED MEAL ON THE PLATE BELOW.

