

## Second Semester of the Academic Year 1447-2025

### Worksheet 6

Level	Primary	Name	
Subject	Science	Class	Grade 4

 *Choose the correct answer from the options below: a, b, c or d:*

**1. What is a balanced diet?**

- A) Eating only sweets  
B) Eating different healthy foods  
C) Eating fast food every day  
D) Eating one food only

**2. Why should we brush our teeth every day?**

- a) To make them bigger  
b) To protect them from cavities  
c) To change their color  
c) To become more dark

**3. Which food group gives us energy?**

- A) Fruits  
B) Vegetables  
C) Carbohydrates  
D) Water

**4. What should we wear in winter?**

- a) Sunglasses  
b) Light clothes  
c) Warm clothes  
c) swimming clothes

**5. Which of these is a healthy snack?**

- A) Chips  
B) Candy  
C) Apple  
D) Soda

**6. What should we eat less of?**

- a) Fruits  
b) Vegetables  
c) Sugar and fat  
d) Water

**7. Which food helps build strong muscles?**

A) Sugar

B) Protein

C) Oil

D) Salt

**8. Which drink is the best for our body?**

A) Soda

B) Juice with sugar

C) Water

D) Energy drink


**9. How many hours of sleep does the body need at night?**

a) 3 hours

b) 5 hours

c) About 8 hours

a) 4 hours

 Choose the true ( T ) for the correct answer or false ( F ) for the incorrect answer

1. A balanced diet includes fruits and vegetables.

(True / False)

2. Eating too much sugar is healthy.

(True / False)

3. Milk and cheese help make our bones strong.

(True / False)

4. Fast food should be eaten every day.

(True / False)

5. Drinking water helps our body work well.

(True / False)

6. Eating a lot of sugar and fat is healthy.

(True / False)

7. We visit the doctor when we feel sick.

(True / False)

 Look at the picture and write the name of the food under the correct group :

