

## Second Semester of the Academic Year 1447-2025

### Worksheet 5

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. Which food group gives us energy?

A) Fruits

B) Vegetables

C) Carbohydrates

D) Water

3. Which of these is a healthy snack?

A) Chips

B) Candy

C) Apple

D) Soda

4. Which food helps build strong muscles?

A) Sugar

B) Protein

C) Oil

D) Salt


5. Which drink is the best for our body?

A) Soda

B) Juice with sugar

C) Water

D) Energy drink

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

A balanced diet includes fruits and vegetables.

(True / False)

Eating too much sugar is healthy.

(True / False)

Milk and cheese help make our bones strong.

(True / False)

Fast food should be eaten every day.

(True / False)

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

