

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 :

Vegetables

Fruit

Fish, Meat & Eggs

Carbohydrates

Fat & Sugars

Dairy

