

Reinforcement Worksheet 1

Name: _____ Class: _____ Date: _____

1. Draw a 😊 beside the healthy foods and a ☹️ beside the less healthy foods.

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2. Write **T** for true and **F** for false. Correct the false sentences.

a. _____ Beets are an unhealthy food.

b. _____ Eating in bed is a good habit.

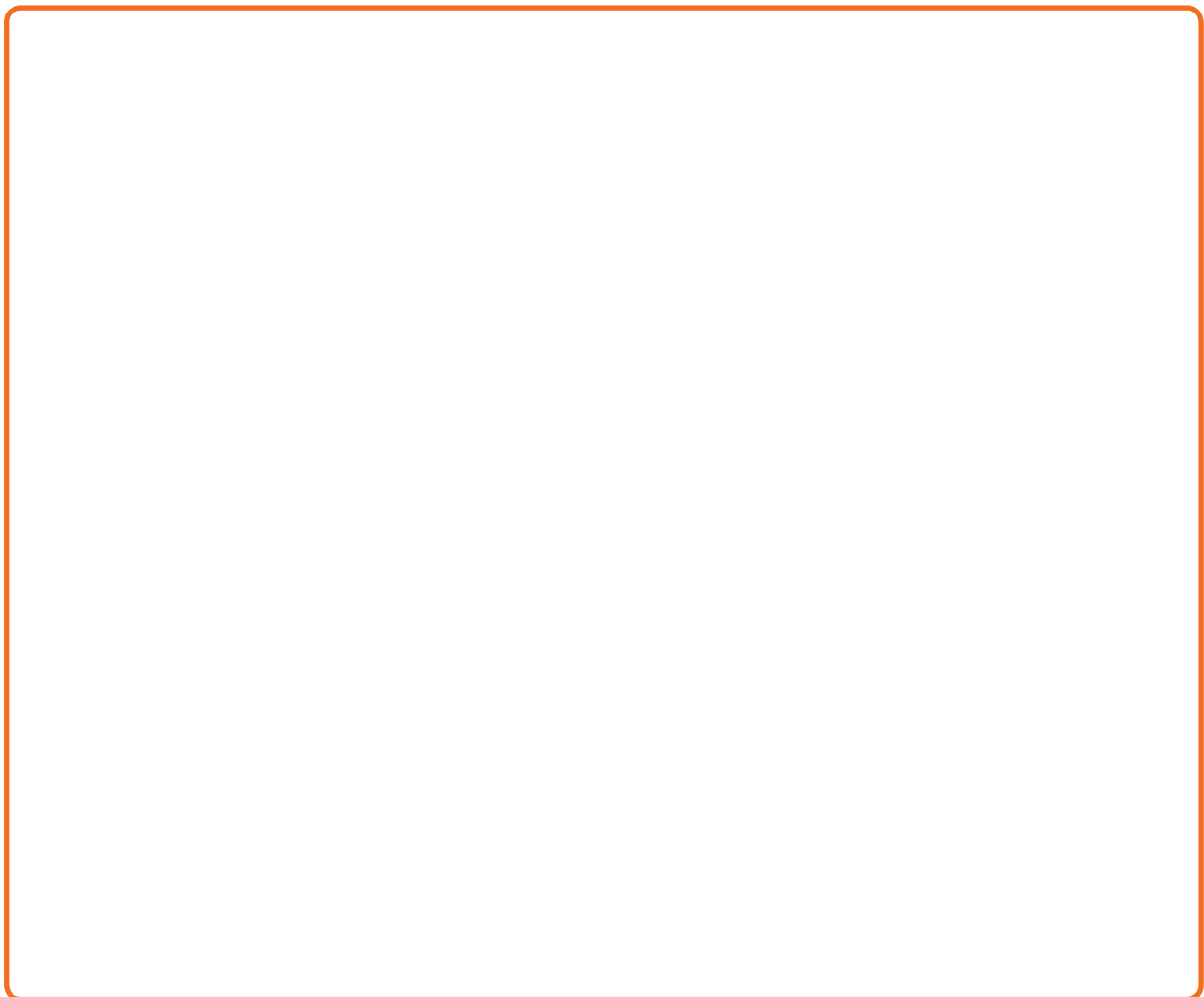
c. _____ A balanced diet involves eating the same foods every day.

d. _____ Water is vital for humans.

3. Mark the good hygiene practices with a ✓.

- ☐ Cooking with an apron.
- ☐ Eating after playing, without washing your hands first.
- ☐ Washing your hands before eating.
- ☐ Eating fruit without washing it.
- ☐ Eating food that has touched the ground or floor.
- ☐ Keeping your fingernails long and dirty.

4. Draw a measure below that you can take to prevent illness.



Reinforcement Worksheet 2

Name: _____ Class: _____ Date: _____

1. Read the texts and answer the questions.



Natalie

For lunch today, I'm having a salad with chicken and a little rice, juice and fruit for dessert.



Ben

I brought fried cheese empanadas, a soda and a really big piece of cake. I had the same lunch yesterday.

- a. Who brought the healthier lunch to school?

☐

Natalie

☐

Ben

- b. Who should exercise more considering the type of lunch each brought to school?

☐

Natalie

☐

Ben

- c. Who should change the food they bring for lunch?

☐

Natalie

☐

Ben

- d. Explain why one of them should change their eating habits.

- e. What type of food would you recommend?

2. Name four things you should pay attention to when you buy a can of tuna or packaged meat.

- _____
- _____
- _____
- _____

3. What illnesses can you contract if you eat food that has gone bad or hasn't been washed? Name two and describe them below.

4. Design a poster that shows how to handle food correctly.

