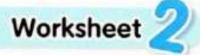


diet balanced about Worksheet الملف	
<u>Almanahj Website</u> \rightarrow <u>American curriculum</u> \rightarrow <u>2nd Grade</u> \rightarrow <u>Science</u> \rightarrow <u>Term 1</u> \rightarrow <u>The file</u>	

More files for 2nd Grade ,	Subject Science, Term 1
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The Healthy Eating Pyramid

Aim: To use the healthy eating pyramid as a guide to decide what types of food to eat more or less of

NAME

Skills: Observing, identifying, analysing, inferring, communicating

Study this healthy eating pyramid. Answer the questions on the next page.



V	om likes wholegrain bread, while Lily likes white bread. Which type of bread should they eat more of, wholegrain bread or white bread?
	om eats bread with butter, while Lily eats bread with olive Vhat should they take less of, butter or olive oil?
16	om likes to eat fish and red meat such as beef. What sho e eat less of, fish or beef?
	or a snack, Lily eats potato chips, while Tom eats nuts. W nack should they eat more of, potato chips or nuts?
	Ouring lunch, Tom drinks soda, while Lily drinks fruit juice. Which should they drink more of, soda or fruit juice? Why?