

NAME: _____

Food We Eat

Fill in the blanks.

unhealthy, food, breakfast, every day, three, stale,
energy, milk, 6-8, afternoon

1. We need _____ and water to live.
2. Most of us eat _____ meals a day.
3. Healthy food gives us _____ to work and play.
4. Food made from milk are called _____ products.
5. We should drink _____ glasses of water daily.
6. We eat _____ in the morning.
7. We eat lunch in _____.
8. Eating a lot of candies is _____.
9. We should not eat _____ food.
10. We should drink milk _____.