

Watch the video and answer the following questions:

(1) Which of these words is not in the group of junk food?

1) Chips

2) Cookies

3) Chocolate bars

4) Lollipops

(2) Which of these words is not in the group of healthy food?

1) Bread

2) Nuts

3) Eggs

4) Fruit

(3) Fill in the gaps

a) Healthy food makes you _____ and _____.

b) Junk food makes you _____, _____ and _____. It makes you _____ and _____.

c) Only eat a _____ bit and get more _____ food!