

Name : _____

Topic: Science – Go, Grow and Glow Foods

DIRECTIONS: Write the letter of the best answer.

- _____ 1. What type of food give you energy?
A. Go food B. Grow food C. Glow food
- _____ 2. What type of food make your eyes and skin healthy?
A. Go food B. Grow food C. Glow food
- _____ 3. What type of food are body-building food?
A. Go food B. Grow food C. Glow food
- _____ 4. Eggs and meat are examples of
A. Go food B. Grow food C. Glow food
- _____ 5. Which is **not** a Glow food?
A. cabbage B. cheese C. mango
- _____ 6. Which type of food can help build your muscles?
A. chicken B. cake C. pineapple

DIRECTIONS: Group the food into Go, Grow and Glow.

rice	fish	cheese
lettuce	pandesal	chicken
carrot	banana	bread
potato	milk	tomato
camote	orange	beans

GO	GROW	GLOW