



Chick's Healthy Food

Personal Health

IB PYP Grade 1

PSPE · Personal Health

Name _____ Class _____ Date _____ Score _____ / 14

A Which foods help us grow strong? Write each food in the right box.



broccoli



apple



chips



cake



carrot



lollipop



Everyday foods



Sometimes foods

B Name the healthy food or drink.

banana

milk

water

rice









C True or false?

We should drink water every day.

True

False

Sweets are the best food to eat all day.

True

False

Fruit and vegetables help us grow.

True

False

D Draw foods that keep you strong.

Draw your healthy plate



Answer Key: Chick's Healthy Food

Personal Health

IB PYP Grade 1

PSPE · Personal Health

For teachers and parents · check your child's work against these answers

A Sorting healthy and sometimes foods (6 marks)

1. Everyday foods: apple, broccoli, carrot 2. Sometimes foods: cake, lollipop, chips

B Naming healthy foods and drinks (4 marks)

1. water 2. milk 3. banana 4. rice

C True or false about healthy eating (3 marks)

1. True 2. False 3. True

D Drawing healthy foods (1 mark)

1. Accept any suitable drawing: Draw your healthy plate

Total: 14 marks · Accept any correct, clear answer. Colouring, circling and drawing answers may look slightly different.