

## Healthy Eating Habits

### A. Choose the Correct Answer:

1. Which of the following is a healthy eating habit?

- A) Eating too much junk food
- B) Skipping breakfast regularly
- C) Eating a variety of nutritious foods in moderation
- D) Consuming sugary snacks frequently

2. Why is it important to drink plenty of water daily?

- A) It keeps the body hydrated and aids digestion
- B) It increases body weight
- C) It makes food taste better
- D) It reduces hunger completely

3. Which of the following foods is part of a healthy diet?

- A) Chips and soda
- B) Fruits and vegetables
- C) Candy and ice cream
- D) Fried snacks

### B. Fill in the Blanks:

1. Drinking \_\_\_\_\_ glasses of water daily helps keep the body hydrated.
2. Eating a variety of \_\_\_\_\_ ensures that the body gets all essential nutrients.
3. Avoiding \_\_\_\_\_ foods helps prevent obesity and other health problems.

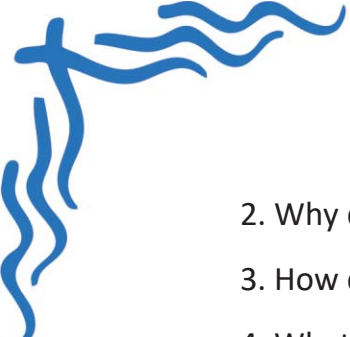
### C. Case Study:

**Anita's parents encourage her to follow healthy eating habits.**

- For breakfast, she eats whole-grain cereal with milk and a fruit.
- At lunch, she has rice, vegetables, and lean meat.
- Her parents advise her to avoid sugary snacks and drink plenty of water throughout the day.
- In the evening, she enjoys a small bowl of nuts instead of fried snacks.

**Case Study Questions:**

1. What healthy foods does Anita eat for breakfast?

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2. Why do Anita's parents ask her to avoid sugary snacks?
  3. How does drinking water benefit Anita's health?
  4. What is Anita's healthy evening snack, and why is it better than fried snacks?

**D. Short Answer Questions:**

1. What are healthy eating habits?
2. Why should we include fruits and vegetables in our diet?
3. How does eating smaller portions at regular intervals help in maintaining good health?

**E. Long Answer Questions:**

1. Explain the importance of healthy eating habits and their impact on overall health.
  2. How can you develop healthy eating habits? Describe with examples.
  3. Why is it important to avoid junk food and choose nutritious meals?
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