Every Day or Treat?

Healthy eating

Name: _____ Date: _____

LEVEL 1 · HEALTHY FOOD

UKG · Ages 5–6

Every-day food helps us grow strong. **Treat food** is fine sometimes, but not every day. Tick one box for each food.



apple

☐ every day ☐ treat



sweets

☐ every day ☐ treat



carrot

☐ every day ☐ treat



chips

☐ every day ☐ treat



banana

☐ every day ☐ treat



lollipop

☐ every day ☐ treat



milk

☐ every day ☐ treat



burger

☐ every day ☐ treat



corn

☐ every day ☐ treat



cake

☐ every day ☐ treat



grapes

☐ every day ☐ treat



ice cream

☐ every day ☐ treat

© parentoven.com

Free for home and classroom use