

Food Reading Worksheet - Easy



MY FOOD

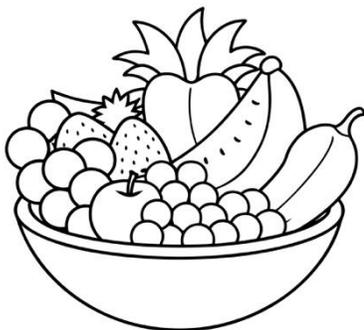
This is my food.

I eat an apple.

I eat bread.

I drink milk.

I like my food.



A. Read the text. Circle the correct answer

1. I eat an **apple / shoe**.
2. I eat **bread / water**.
3. I drink **milk / bread**.

B. True or False

1. I eat an apple True False
2. I drink milk True False
3. I eat shoes True False

C. Match the food words to the pictures

1. Apple
2. Bread
3. Milk



Food Reading Worksheet - Easy

Answer Key

A: apple / bread / milk

B: True / True / False

C: 1. Apple _____ 

2. Bread ~~_____~~ 

3. Milk ~~_____~~ 

Food Reading Worksheet - Tricky



FOOD FOR EVERY DAY

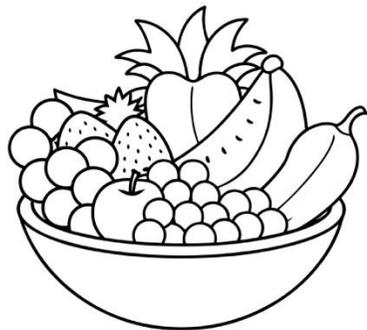
I eat food every day.

For breakfast, I eat bread and fruit.

For lunch, I eat rice and
vegetables.

I drink milk or water.

Food helps my body grow.



A. Read the text. Circle the correct answer

1. When do I eat food? **Every day / at night.**
2. What do I eat for breakfast? **Bread and fruit / ice cream.**
3. What does my food help? **My body / my shoes.**



B. True or False

1. I eat food every day True False
2. I eat ice cream for lunch True False
3. Food helps my body grow True False

C. Match the food words to the pictures

1. Fruit
2. Bread
3. Milk



Food Reading Worksheet - Tricky

Answer Key

A: every day / bread and fruit / my body

B: True / False / True

C: 1. Fruit _____



2. Bread ~~_____~~



3. Milk ~~_____~~



Food Reading Worksheet - Challenge



HEALTHY FOOD

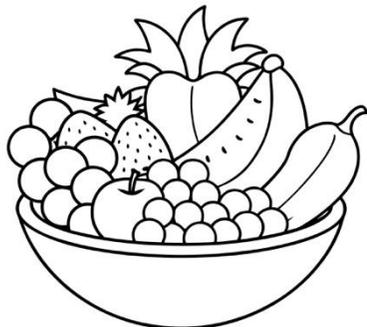
I eat different food every day.

I eat fruit and vegetables to stay healthy.

I drink water and milk.

Sometimes I eat sweet food, but not every day.

Healthy food helps my body feel strong.



A. Read the text. Circle the correct answer

1. What food helps me stay healthy? **Fruit and vegetables / sweets.**
2. What do I drink? **Water and milk / juice only.**
3. How often do I eat sweet food? **Sometimes / every day.**



B. True or False

1. I eat different food every day True False
2. I eat sweets every day True False
3. Healthy food helps my body feel strong True False

C. Match the food words to the pictures

1. Fruit



2. Vegetables



3. Milk



Food Reading Worksheet - Challenge

Answer Key

A: fruit and vegetables / water and milk / sometimes

B: True / False / True

C: 1. Fruit _____



2. Vegetables _____



3. Milk _____

