Tuesday 21 September 2021

How good for you are they?

Walnuts look like a _____ and they are good for the _____, too! Eating some walnuts every day can make your brain _____. You can add walnuts to your salad or your cereal.

Cut a carrot and look at a slice. What does it look like? An _____! Carrots have got vitamin A. This vitamin is good for your eyes. You can have some carrot salad for lunch or carrot _____ after lunch. See? It's easy!

Cut a _____in half. Can you see? It looks like a heart and it makes your _____ healthy, too. Eating a tomato every day is very _____ for you. Tomatoes are good for your eyes and hair too!

Read again and write W for walnuts, C for carrots and T for tomatoes.

1.	They are good for your hair.	
2.	You can make a cake with them.	
3.	You can add them to your cereal.	
4.	They have got vitamin A.	
5.	They are good for your eyes.	

LIVEWORKSHEETS