1. **Watch the video. Listen and read.**

2. **Match the sentences about "Eating a rainbow".**

1. Fruits and vegetables contain	o help us grow. *(crecer)*
2. Vitamins and minerals	o our teeth and bones. *(huesos)*
3. Fibre helps	o contains fibre.
4. Calcium is good for	o nutrients for our bodies.
5. Broccoli is a green vegetable and	o our digestion.
6. Bananas and spinach	o are purple fruit and vegetables.
7. Cherries and strawberries are	o contains calcium.
8. Orange and yellow fruit	o good for the heart and stomach. *(corazón)* *(estómago)*
9. Aubergines and plums	o red fruits.
10. White fruit and vegetables are	o contains Vitamin A and C.