

# Healthy Food

Read and copy.

|          |  |
|----------|--|
| Healthy  |  |
| good     |  |
| food     |  |
| vitamins |  |

Read and match

| Vitamin B |                                                                                      |
|-----------|--------------------------------------------------------------------------------------|
| fish      |  |
| chickpeas |  |
| chicken   |  |

| Vitamin C  |                                                                                     |
|------------|-------------------------------------------------------------------------------------|
| strawberry |   |
| capsicum   |   |
| orange     |  |

| Vitamin E |                                                                                      |
|-----------|--------------------------------------------------------------------------------------|
| spinach   |  |
| seeds     |  |
| nuts      |  |

Read and repeat.

1. Good food stops cold and flu.

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2. Vitamins B, C and E stop cold and flu.

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Ref:

