

# HEALTHY FOOD

Read the passage and do the activities requested.

Healthy foods are important for our bodies to grow strong and stay healthy. Fruits and vegetables are some of the healthiest foods we can eat. They come in many different colors and flavors. Apples, oranges, carrots, and broccoli are just a few examples of these nutritious foods. They are packed with vitamins and minerals that help us stay energized and keep our immune system strong. Eating healthy foods also helps us have strong bones and teeth. So, next time you're hungry, reach for a delicious and nutritious fruit or vegetable!

Drag and drop the words to complete the sentences.

colors

vitamins

oranges

carrots

bones

minerals

flavors

broccoli

Healthy

1. Fruits and vegetables come in many different \_\_\_\_\_ and \_\_\_\_\_.

2. Nutritious foods are packed with \_\_\_\_\_ and \_\_\_\_\_.

3. \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ are examples of these nutritious foods.

4. \_\_\_\_\_ foods are important for our bodies.

5. Eating healthy foods also helps us have strong \_\_\_\_\_ and teeth.

### MATCH

apples and oranges

carrots and broccoli

stay energized and keep our immune system strong.

Healthy foods are important

● vitamins and minerals

● grow strong and stay healthy

● vegetables

● Fruits