Lesson D Reading

Fruit and Vegetables

It's important to eat fruit and vegetables every day. We have to eat different types of fruit and vegetables, and lots of them, because there isn't one vegetable or fruit with all the nutrients we need.

Fruit and vegetables are very good for your body. But many people don't like vegetables, or they eat the same fruit every week. Here are some tips to help you eat more fruit and vegetables:

1. Put fruit where you can see it. This way, if you're hungry, you can have an apple and not a chocolate bar. Always wash fruit first.
2. Try to get many different colors on your plate. Every day, try to eat one fruit or vegetable from each of these four groups: dark green leafy vegetables, red fruit and vegetables, yellow or orange fruit and vegetables, and beans.
3. Look for new fruit and vegetables in the supermarket when you go shopping for food.
4. Forget potatoes. There are many vegetables with more nutrients.
5. Get more vegetables in your cooking. Maybe don't eat meat one day of the week. Prepare more salads and soups.

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