

# Eating for a Strong Body

We need healthy food every day.

Milk helps our bones.

Fruit and vegetables help us stay well.

Meat and fish make us strong.

Grains give us energy.

Drink water every day.

Eat well and stay strong!



## Answer the questions.

1. What helps our bones?



**A** Milk



**B** Fruit

2. What helps us stay well?



**A** Meat and fish



**B** Grains

3. What gives us energy?



**A** Grains



**B** Fruit and vegetables

4. What should we drink every day?



**A** Milk



**B** Water

5. What makes our muscles strong?



**A** Meat and fish



**B** Cheese