

# Reading Unit 4

## Five-a-day the fun way!



**1** Make fruit ice lollies. You can use fresh fruit or fruit juice. Use different kinds of fruit to make different colours.

Fruit and vegetables contain vitamins, minerals and fibre. They help you grow and stay healthy. You need to eat five portions every day.

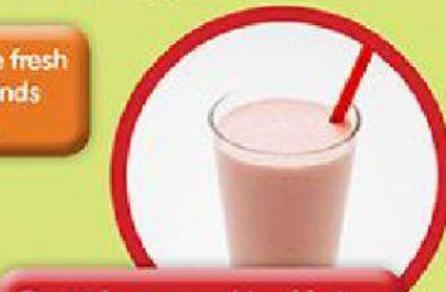
**Here are five fun ways to eat fruit and vegetables!**



**2** Make a funny face with salad and eat it. It's fun and it's good for you, too.



**4** Make a fruit salad. Use any fruit you like, but don't add sugar!



**3** Make a smoothie of fruit, milk, yoghurt and ice cubes. Mmm. Delicious!



**5** Make vegetable sticks. Use raw carrots or celery. Eat the sticks with cheese. Yum!



1. Answer the questions. Say True or False

- |  |                               |                                |
|--|-------------------------------|--------------------------------|
| 1 Fruit and vegetables help you stay healthy.  | <input type="checkbox"/> True | <input type="checkbox"/> False |
| 2 You need to eat two portions every day.      | <input type="checkbox"/> True | <input type="checkbox"/> False |
| 3 You make a smoothie with carrots and cheese. | <input type="checkbox"/> True | <input type="checkbox"/> False |
| 4 You need to add sugar to a fruit salad.      | <input type="checkbox"/> True | <input type="checkbox"/> False |
| 5 You can make a funny face with salad.        | <input type="checkbox"/> True | <input type="checkbox"/> False |