

COLOR ME HEALTHY



Green fruits, like melons and kiwis, help **repair** cells. They also help the **liver** work well. Blue and purple fruits, such as blueberries and plums, are good for the heart and **bones**. They also help fight cancer.

Lastly, don't forget to eat white fruits. They help keep **blood** moving. They also keep bones strong. So remember to have some white fruits like pears, for example.

It's important to eat fruits of many different colors! Try to eat two fruits of each color every day.

Words 143

Fruits come in many different colors. Their different colors have many health benefits.

For a healthy heart, think red. Strawberries, watermelons, and cherries are all good for your heart. They also **improve** your blood health.

Orange and yellow fruits help us see better at night. They also make our **skin** glow. So, make sure to eat tangerines and pineapples.

Read and choose
the correct words.



Your (heart / skin) covers the outside of your body.

His bike is broken. He needs to (remind / repair) it.

The largest organ inside the body is the (liver / eye).

We need calcium to keep our (bones / cancer) strong.

Please donate (flood / blood). It can save people's lives.

Walk an hour a day. It can (fight / improve) your ability to learn.

- 1. What is the main idea of the passage?**
- a. You should eat fruits in many colors.
 - b. Red fruits are the best for your health.
 - c. Fruits of different colors have different flavors.

- 2. Which fruits are good for the heart?**

a. pears b. kiwis c. cherries

- 3. What benefit do yellow fruits have?**

a. They help your liver work well.
b. They help you have better skin.
c. They improve your blood health.



4. Blue and _____ fruits, such as blueberries and plums, are good for the heart and help _____.

- a. white – fight cancer
- b. purple – fight cancer
- c. purple – protect your eyes

5. Q: What benefits do white fruits have?

A: They help keep _____ moving, and keep _____ strong.



Step 1 Write the correct words in each blank.

red fruits

They are good for the _____.

**orange
and yellow
fruits**

They improve our skin and help us see better at _____.

**green
fruits**

They repair cells and help the _____ work well.

**blue and
purple
fruits**

They help fight _____.

**white
fruits**

They keep our _____ moving and our bones strong.

cancer blood liver night heart



Step 2 Complete the summary with the given words.

glow	colors	liver
blood	improve	melons

It is important to eat fruits of many different _____. Strawberries and cherries keep your heart healthy. They _____ your blood health too. Tangerines and pineapples make your skin _____. They also help you see better at night. _____ and kiwis repair your cells. They also help your _____ work well. Blueberries and plums help fight cancer. Finally, pears keep your _____ moving. They also keep bones strong.



