

Read the passage from page 130. Choose the correct answers.

How good for you are they?

Walnuts look like a _____ and they are good for the _____ too! Eating some walnuts every day can make your brain _____. You can add walnuts to your salad or your cereal.

Cut a carrot and look at a slice. What does it look like? An_____!

Carrots have got vitamin A. This vitamin is good for your eyes. You can have some carrot salad for lunch or carrot _____ after lunch.

See? It's easy!

Cut a _____ in half. Can you see? It looks like a heart and it makes your _____ healthy, too. Eating a tomato every day is very _____ for you. Tomatoes are good for your eyes and hair too!