



UNIT #2 – READING SECTION

NAME: _____

DATE: _____

1 Listen and read. TR: 2.8

Super Foods!

Some foods help people be healthy.
They are super foods!

Chicken, meat, fish, beans, eggs, and nuts are good for you. Brown rice and whole grains are good for you. Milk and foods made from milk are good for you, too.

Fruits and vegetables are great foods! There are fruits and vegetables of many colors. Eat a few different colors every day!

Candy and foods with sugar taste good, but don't eat a lot of them. Instead, eat super foods that can keep you strong and healthy.



Some plants eat meat. They eat insects, frogs, and birds!



Venus flytrap

2 Read. Check T for True and F for False.

1. Fish and nuts are good for you.
2. Milk and foods made from milk are good for you.
3. Fruits and vegetables aren't good for you.
4. Eat candy and foods with sugar most of the time.

T F

T F

T F

T F