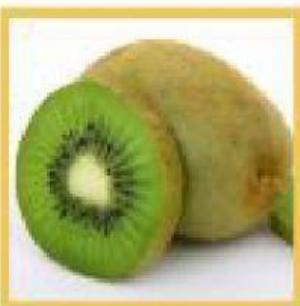# Healthy and unhealthy foods

- Talk about if they are healthy or unhealthy.
- Click the healthy food.

1. Why do we need healthy food?

Read and Tick ✅ the correct answer.

Healthy foods:

give us nutrients: protein, vitamins, calcium,...

energy to move, to grow

help us to be tired

help us to be happy

make us feel sad

2. Choose the group of food.