HEALTHY FOOD

Healthy food is tasty and good for you. You need it to grow and feel good.





You can find carbohydrates in bread and rice.

Milk, cheese and yogurt are also important. These will give you strong bones. Meat, egg, fish and nuts give you protein.





Fruits and vegetables are good to eat. Eat as many as you can every day.

Chip and cookies are tasty, but eat only some at a time. When you eat healthy food, your body will thank you!



LIVEWORKSHEETS

Answer the questions below in full sentence:

1. Why do we need to eat healthy food?

2. From which food can you find carbohydrates?

3. What food can give you strong bones?

4. Why we could not eat so many chip and cookies?

LIVEWORKSHEETS