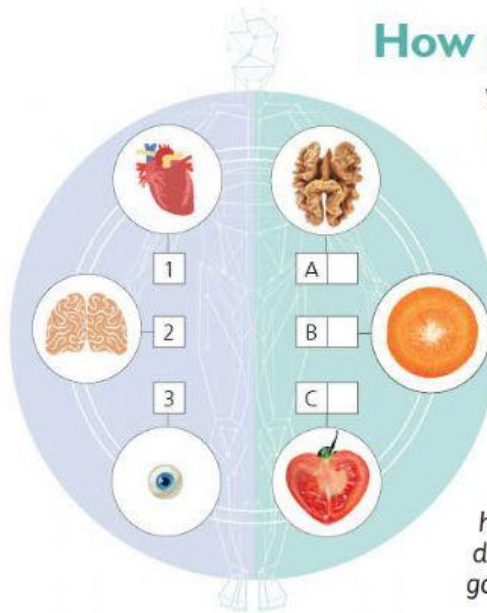


1 What does each food look like? Look and match. Then listen and read. 



## How good for you are they?

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

Cut a carrot and look at a slice. What does it look like? An eye! Carrots have got vitamin A. This vitamin is good for your eyes. You can have some carrot salad for lunch or carrot cake after lunch. See? It's easy!

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

