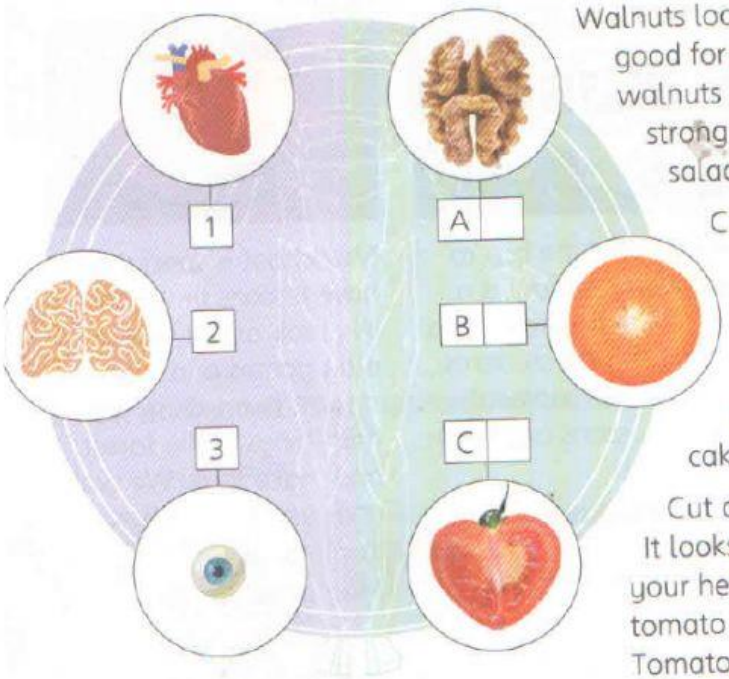
How good for you are they?



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!

A. Choose the best answer

What do these foods look like?

1. Walnuts look like a _____
2. Carrots look like an _____
3. Tomatoes look like a _____

LIVEWORKSHEETS

B: Drag and drop the answer

1. Which food makes your brain strong?

_____

2. How to serve carrots in your meal?

_____

3. How to serve walnuts in your meal?

_____

4. What food looks like a heart?

_____

5. What vitamin is good for your eyes?

_____

tomatoes

Vitamin A

walnuts

Carrot salad

Serve with cereal

LIVEWORKSHEETS

tomatoes

6. Which food is good for your eyes?

_____

carrots

7. Which food is good for your hair?

_____

C: Write your own answer.

8. What is your favourite healthy food?

_____

9. What sign shows that you have a strong brain?

_____

10. What activities can you do if you have a healthy heart?

a)_____

b)_____

LIVEWORKSHEETS