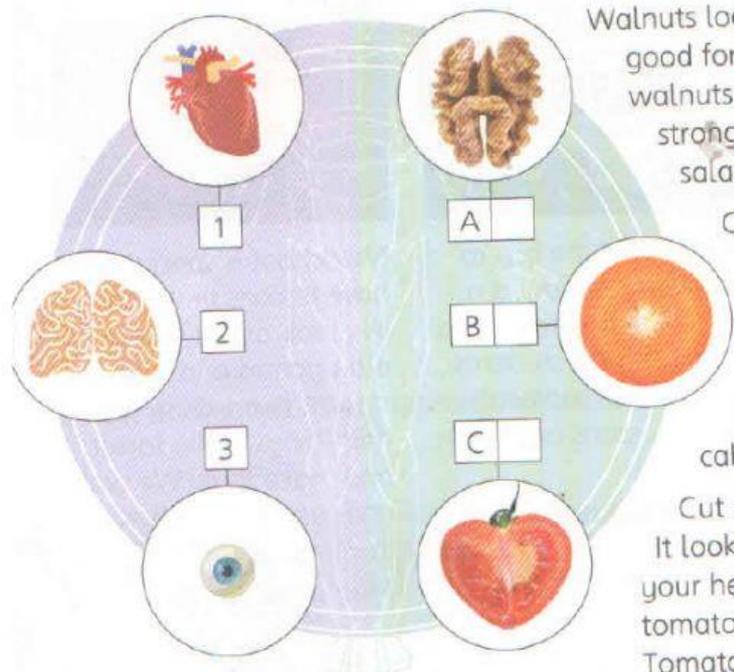


How good for you are they?



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 _____

B: Drag and drop the answer

1. Which food makes your brain strong?

tomatoes

2. How to serve carrots in your meal?

Vitamin A

3. How to serve walnuts in your meal?

walnuts

4. What food looks like a heart?

Carrot salad

5. What vitamin is good for your eyes?

Serve with cereal

6. Which food is good for your eyes?

tomatoes

7. Which food is good for your hair?

carrots

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) _____