

Listen and read

## HEALTHY FOOD



It's important to eat fruit and vegetables because they contain vitamins and minerals.



Our body needs vitamins and minerals to work properly.

Eat vegetables and fruit every day!!!!

Complete: (completa con estas palabras)  
every day      minerals

vitamins      body      healthy

Eating fruit and vegetables is  
a .....habit

Fruit and vegetables contains  
..... and .....

Our ..... needs vitamins  
and minerals.

Eat vegetables and fruit  
.....