Listen and read

HEALTHY FOOD



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





Our body needs **vitamins** and **minerals** to work properly.

Eat vegetables and fruit every day!!!!

LIVEWORKSHEETS

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 ....

LIVEWORKSHEETS