

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

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