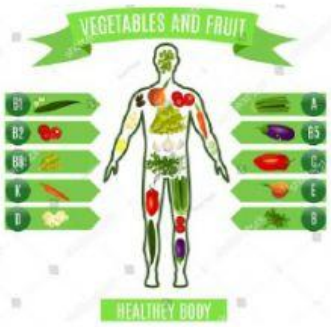
COLEGIOS PUMAHUE

COGNITA
An inspiring world of education

Departamento de Inglés
5th Grades
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Health and fitness



Fruits and vegetables might be the most important food group. Fruits and vegetables are also one of the best ways to get your vitamins and minerals.

Many people love to eat fruits, but they don´t care about vegetables too much. They love sweet strawberries, raspberries pies, and juicy watermelons, but when it is time to eat onions, carrots, and spinach they prefer to leave them aside. Or also, they can't eat broccoli and salads without adding unhealthy ingredients on them like fat, salt, or sugar.

It is important to eat both, your fruits, and vegetables and not just one or to vegetables you like. Did you know that the colors of the inside and outside of the fruits and vegetables can tell you the nutrients they have?

For example, red fruits and vegetables are high in vitamins A and C. Vitamin C helps your immune system, so eat you tomatoes, strawberries and red peppers!

Orange and yellow fruits are also high in vitamin A giving you the nutrients that help your eyes, skin, and teeth.

Green fruits and vegetables are high in vitamin K and iron, they are good for your blood, antioxidants in green vegetables can help prevent a hart attack! So, spinach and lettuce are wonderful for you!

Blue and purple fruits and vegetables contain nutrients that help you to fight cancer and they are good for your heart too. Blueberries and black berries are some of the best ways to get these nutrients.

White fruits and vegetables contain a lot of fiber! Fiber helps your body to lower the cholesterol. Apples are red in the outside but in the inside, they are white and there is the fiber.

So now you know that eating a rainbow of fruits and vegetables can help your body incredibly!

Activity

1.- Read the text and put T for true statements or F for false statements.

a) Fruits and vegetables are not important to stay healthy. _____

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b) People love to eat fruits but not vegetables. _____

c) The colors of fruits and vegetables are not important to see what ingredients they have. _____

d) Red fruits and vegetables are high in vitamin B and E. _____

e) Tomatoes, Strawberries and pepper are vey good for your immune system. _____

f) Yellow fruits contain Vitamin A. _____

g) Vitamin A is good for your eyes. _____

h) Vitamin K and iron are good for your hair. _____

i) Green vegetables contain antioxidants that are good to prevent a heart attack. _____

j) Blueberries and blackberries help you to fight cancer. _____

k) Apples are not white so they don´t contain fiber. _____

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