



1. Watch the video. Listen and read.

2. Match the sentences about "Eating a rainbow".

- | | |
|--------------------------------------|----------------------------------------------------------------------------------------------------------------|
| 1. Fruits and vegetables contain | <input type="radio"/> help us <u>grow</u> .
(<i>crecer</i>) |
| 2. Vitamins and minerals | <input type="radio"/> our teeth and <u>bones</u> .
(<i>huesos</i>) |
| 3. Fibre helps | <input type="radio"/> contains fibre. |
| 4. Calcium is good for | <input type="radio"/> nutrients for our bodies. |
| 5. Broccoli is a green vegetable and | <input type="radio"/> our digestion. |
| 6. Bananas and spinach | <input type="radio"/> are purple fruit and vegetables. |
| 7. Cherries and strawberries are | <input type="radio"/> contains calcium. |
| 8. Orange and yellow fruit | <input type="radio"/> good for the <u>heart</u> and <u>stomach</u> .
(<i>corazón</i>) (<i>estómago</i>) |
| 9. Aubergines and plums | <input type="radio"/> red fruits. |
| 10. White fruit and vegetables are | <input type="radio"/> contains Vitamin A and C. |