

English: Reading about five a day recipes (3r)

Five-a-day the fun way!

Fruit and vegetables contain vitamins, minerals and fibre. They help you grow and stay healthy. You need to eat five portions every day. Here are five fun ways to eat fruit and vegetables!

1 Make fruit ice lollies. You can use fresh fruit or fruit juice. Use different kinds of fruit to make different colours.

4 Make a fruit salad. Use any fruit you like, but don't add sugar!

3 Make a smoothie of fruit, milk, yoghurt and ice cubes. Mmm. Delicious!

5 Make vegetable sticks. Use raw carrots or celery. Eat the sticks with cheese. Yum!

2 Make a funny face with salad and eat it. It's fun and it's good for you, too.

1. Read and choose True or False.

1. Fruit and vegetables help you stay healthy.
2. You need to eat two portions every day
3. You make a smoothie with carrots and cheese.
4. You need to add sugar to a fruit salad.
5. You can make a funny face with salad.

2. Look and write.

ice lolly

vegetable sticks

smoothie

salad

fruit salad





salad



vegetable sticks



smoothie



ice lolly



fruit salad

3. Read and write.

smoothie

ice lolly

vegetable sticks

fruit salad

salad

1. You can make a funny face with it. _____
2. You can make different colours. _____
3. You can eat them with cheese. _____
4. It's got fruit, milk, yoghurt and ice cubes. _____
5. You can use any fruit you like. _____