READING COMPREHENSION

COMIDA SALUDABLE Y COMIDA CHATARRA

It is important that children from an early age have proper eating habits that will help their growth and especially their health. A healthy diet provides us with nutrients that make us strengthen our body and become strong, in our daily food we can include fruits and vegetables, such as pears, avocado, oranges containing vitamin C, tomatoes, carrots, eggs etc...

On the other hand we have junk food like pizza, hotdogs, hamburgers, fried chicken, sweets, ice cream etc... These provide us with low nutrients and sugars, it can be bad for our health, can damage our teeth, makes us sleepy, and we can gain weight inappropriately.

Finally, eat healthy with the help of your parents create fun recipes, remember to drink water daily, take into account balanced meals in your breakfasts, your body will thank you!

Answer the questions below.



1. Why is it important for children to have good eating habits from an early age? _____

2. What does a healthy diet provide us with? _____



3. in our daily food we can include _____

4. What consequences can unhealthy food have on our health? _____

5. remember to drink _____



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LIVEWORKSHEETS