

# HEALTHY FOOD

Healthy food is good for you. You need it to have shiny hair and strong bones. Hence, you can grow tall and feel great. The best part about healthy food is that it is tasty!

You should eat four servings of grains every day. You can find grains in bread, rice and oatmeal. You should not forget about milk, cheese and yogurt too. They will give you strong bones.

Meat, beans, fish and nuts provide your body with iron and protein. You need them to grow your muscle. Fruit and vegetables are super important. You should eat many kinds each week!

Lastly, even though chips and cookies are tasty, only eat a few of them at a time. They are too sweet and can cause your teeth to ache! Eat healthy food, your body will thank you!

## Is healthy food good for you?

- A) Yes, because it helps my body to be good.
- B) No, because it is not tasty.

## Where can you find grains?

- A) Milk, cheese and yogurt
- B) Bread and rice

## When should we eat vegetables?

- A) Twice a week
- B) Every day

## Why do milk, cheese and yogurt important?

- A) Because it gives you strong bones
- B) Because it makes you skinnier

## How many times to eat cookies and chips?

- A) Some at a time
- B) Everytime you see