

RED

Red fruits and vegetables – like tomatoes, watermelon, red peppers, cherries, strawberries, pomegranates and apples – are important. They keep our hearts healthy.

5 Some people say a pomegranate is a "superfood" because it has lots of healthy vitamins and minerals.



cherries



pomegranate

ORANGE AND YELLOW

Vitamin C stops us from catching a cold and getting sick. Vitamin A is good for our eyes too. Yellow and orange fruits and vegetables can give us both of these vitamins. We get vitamin C from oranges and lemons. We also get both vitamins A and C from some yellow fruits, like apricots, peaches, mangoes and pineapples. Carrots are good for our eyes because they have vitamin A.

10



pineapple

WHITE

White vegetables are also important. Cauliflower gives us vitamin C, and some people think that both onions and garlic keep our hearts healthy. People also say that garlic is good for a cold and onions are good for a cough (שיעול / سعال).

15

20



cauliflower



garlic

GREEN

Green fruits and vegetables – like cucumbers, kiwis and apples – have lots of different minerals and vitamins. People say: "An apple a day keeps the doctor away." A few green vegetables, like asparagus and broccoli, have vitamin K as well. Vitamin K is good for your health.

25



onion

BLUE AND PURPLE

A lot of people say that blue is their favorite color but some people don't eat any blue or purple food. They think it doesn't look good. But that's a mistake. There are a few blue and purple fruits that are good for us. For example, blueberries, grapes, plums and raisins are good for our hearts.

30



blueberries



raisins

התאם לכל מילה את פירושה ובאיזו פסקת צבע היא מופיעה.
גרור את התשובות מהמחסן.
היעזר בדוגמא:

New word	Which (איזה / אי) color group is it in?	What does it mean?
1. some	red	אחדים, כמה / عدة, بعض
2. both		
3. away		
4. any		
5. mistake		

orange and yellow blue and purple green blue and purple טעות שניהם כלשהו הרחק

בחר בתשובה הנכונה

- Which fruit is called "superfood"?
 - pomegranate
 - apple
 - cherry
- Which vitamin stops us from catching a cold?
 - vitamin A
 - vitamin C
 - vitamin K
- Which vegetable is good for our eyes?
 - carrot
 - cucumber
 - garlic
- What are garlic and onion good for?
 - our eyes
 - our ears
 - our hearts
- Which vitamin there is in the green group?
 - vitamin A
 - vitamin C
 - vitamin K
- Why some people don't eat blue and purple food?
 - They think it doesn't look good.
 - They think it is not healthy.
 - They like red food more.

השלם את המשפטים.
גרור את התשובות מהמחסן.

healthy vitamin C important good for your eyes minerals and vitamins

1. Red fruit keeps our hearts
2. Carrots are
3. Oranges and lemons have
4. White vegetables are also
5. Foods in the green group have different