

# משימה בהבנת הנקרא

## Rainbow Food

1. כהכנה למדצק, הכירו את אוצר המילים מתוך חוקרת הסדורה  
1-2 80 3108



2. קראו את הקטע וענו על השאלות. ניתן להאזין לקטע קלחון.

[www.Rainbow Foods.co.il](http://www.Rainbow Foods.co.il)

About

Colors

Recipes

Party ideas

You hear with your ears, you smell with your nose, you taste with your mouth and you see with your eyes. But we use our eyes to taste as well. We can look at food and think that it is good to eat. In fact, it's all about color. Welcome to the  
5 wonderful world of rainbow foods!



Red, orange, yellow, green, white, blue and purple fruits and vegetables are called "rainbow foods". Rainbow foods are very good for you. Why? First, they give you energy. Second, each color group has different vitamins and minerals. They help you stay healthy. Third,  
10 when you eat rainbow foods, your body is strong and you don't often get sick.

Doctors say it's important to eat fruits and vegetables from all five color groups every day. This is a great way to give your body everything it needs to help you stay healthy.

In fact, not all colorful (غنية بالألوان / צבעוניים) foods are healthy. Think about butter. People like yellow butter, but did you know that butter is really white? Butter has  
15 yellow food coloring (מלון غذאי / צבע מאכל) in it. Food coloring is not always healthy. There are other foods and drinks that have food coloring. So we need to think about what is in the foods we eat.

3. קראו את המסמכים וזכרו קטגוריה הנכונה להשלים אותם.

1. We taste food with our ... .  
a. mouths                      b. ears                      c. mouths as well as our eyes
2. Rainbow foods are ... .  
a. good for you      b. bad for you      c. red, green and yellow
3. Doctors tell us to eat food from ... color groups every day.  
a. two                      b. each                      c. five
4. The color in some food is not ... .  
a. real                      b. healthy                      c. wonderful

4. קראו את המסמכים וזכרו נכון או לא נכון.

1. We use our eyes to smell. true / false
2. Only red foods are rainbow foods. true / false
3. Rainbow foods are healthy. true / false
4. It's important to eat rainbow foods once a week. true / false
5. Butter is not really yellow. true / false
6. All colorful foods are healthy. true / false

5. צרע את המילים מהחוסן של המרפא המתאים.

group    taste    each    smell    everything    stay healthy    as well    in fact

1. Rainbow foods help you .....
2. You ..... with your nose and ..... with your mouth.
3. ...., eating fruits and vegetables is a great way to stay healthy.
4. You need to eat fruits and vegetables from each color .....
5. We use our eyes to see and to taste, .....
6. Rainbow foods give you ..... you need.
7. .... group has different minerals and vitamins.