

Healthy Food

Read and copy.

Healthy	
good	
food	
vitamins	

Read and match

Vitamin B	
fish	
chickpeas	
chicken	

Vitamin C

strawberry



capsicum



orange



Vitamin E

spinach



seeds



nuts



Read and repeat.

1. Good food stops cold and flu.

2. Vitamins B, C and E stop cold
and flu.

Ref:

