



Watch the video and fill in the gaps



You probably know that it's important to eat ..... and ....., but do you know why?

Fruits and vegetables contain very important ..... that our bodies need,

These include vitamins, ... and fibre.





-Do you know what vitamins and minerals are? -

..... and minerals are essential nutrients that our bodies need to work properly.

We only need them in small amounts but we do need lots of different ones.



The very best way to make sure we get all the ..... we need is to eat a wide variety of different foods.

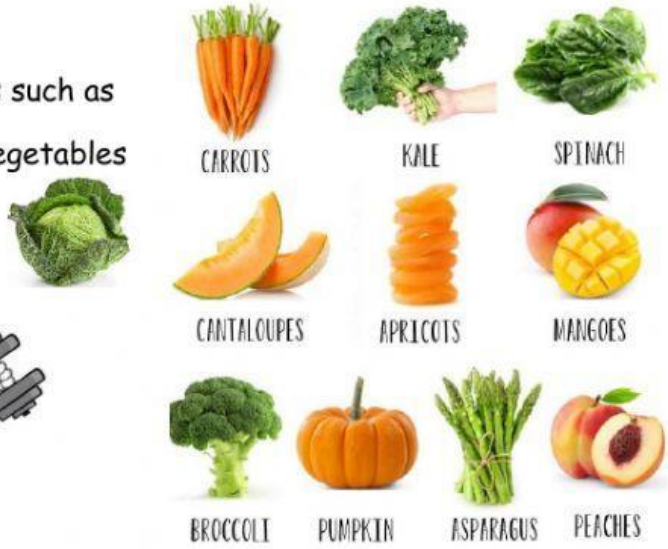
All of the ..... food that we eat contains vitamins and minerals.

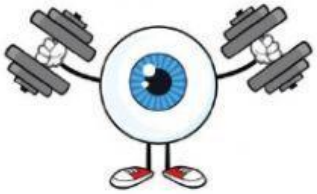


To get enough of all the vitamins and minerals our bodies need it's very important to eat a variety of ..... and ..... and vitamins do some very important jobs indeed!

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Vitamin A: found in orange fruit and vegetables such as apricots and ..... and dark leafy vegetables such as savoy cabbage helps to keep our vision .....







Vitamin B1: helps our bodies release ..... from food so that we don't feel tired.

Lots of fruit and vegetables contain vitamin B1 including peas, spinach and .....





Vitamin C, which is found in citrus fruits, such as ..... and lemons, as well as in strawberries, ... and broccoli among others, is important for helping our bodies heal, for example, if we graze the knee.









Vitamin C is also needed for a healthy immune system.

Our immune system can help our bodies ..... against germs.



You can see that vitamins are really amazing!

They protect us and make us .....!

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Fruit and vegetables are also a really important source of **fibre**.

Fibre helps to keep our ..... system healthy.



-Do you know what is meant by your digestive system? -



Your digestive system allows your body to ..... the nutrients from the food you eat, starting from your mouth, moving through your ....., small intestine and ..... intestine.

Fibre helps this process working properly, in order to keep our bodies working as they should.

We should make sure to ..... at least 5 portions of fruit and ..... a day to get all of the ..... our bodies need from them.







A portion is the amount you can hold in your cupped hand.

And a great tip is to try and eat as many ..... colours as possible so that we benefit from a variety of different ..... and .....



- What are some of your favourite fruits and .....? -

See if you can think of fruit and vegetables to match every colour of the rainbow!



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