READING COMPREHENSION

HEALTHY FOOD

Healthy food is good for you. You need it to have shiny hair and strong bones. You need it so you can grow tall and feel good. 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!

Answer the questions below. Choose NO MORE THAN FIVE (5) WORDS AND/OR NUMBER from the text for each answer.

1. We need to eat healthy food to have _____.
2. Healthy food is also needed so we can _____ good.
3. We should eat _____ of grains every day.
4. Grains can be found in food such as _____.
5. Milk, cheese and yogurt will give us _____.
6. Meat, beans and fish provide our body with _____.
7. We should eat many kinds of _____ each week.
8. We should not eat too much _____ as they are too sweet and can cause our teeth to ache.

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