THE IMPORTANCE OF EATING HEALTHY FOOD

1) Read and match the phrases with the pictures.

Food keeps you alive. But if you want your body to be fit and work well, you have to choose healthy food.

Healthy food helps to:

- make your bones and muscles strong. ▷

- repair damage. ▷

- give you the energy you need. ▷

- keep your digestion healthy. ▷

- keep you warm. ▷

2) Drag the names of the food types and drop them in the correct place.

[_____] make you strong and give you energy.

[_____] are good for your digestion.

[_____] are good for your bones and teeth.

[_____] give you energy and help repair your body.

[_____] taste great, but are not very good for you!

Fruit and vegetables

Grains

Proteins

Dairy products

Sugars