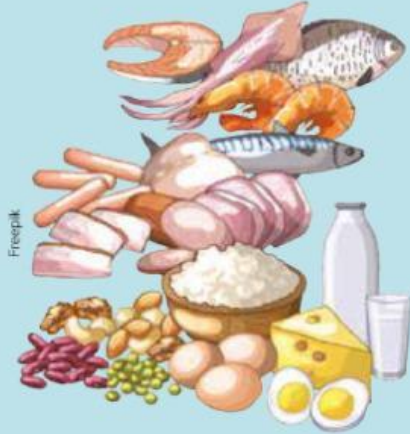


## READING ACTIVITY

Read the text and choose the best answer



We all need to eat healthy food. Potato chips, cookies and candy are delicious, but you cannot eat a lot of it and be healthy. Eating healthy food is good for our bones, muscles and even our hair and nails. It is important to choose from all of the food groups that you can find in your house. For example, grains are important for getting you the **fiber** that your digestive system needs, and you can find them in rice, **oatmeal** and bread. Milk, yogurt, butter and cheese are important to get strong bones because these dairy products have a lot of calcium. Proteins like beans, fish, meat and nuts are as important as eggs and chicken in your daily diet. And finally, combining everything with a lot of vegetables and fruits will help you to receive the **minerals** and vitamins that your body needs.

- a. What food will help you to get strong bones?  
protein                      fruits                      dairy                      grains
- b. Eating healthy food will make you  
sorry                      sick                      strong                      important
- c. If you eat vegetables and fruits you will get  
minerals                      fat                      water                      bones
- d. This type of food is delicious, but not healthy.  
apples                      carrots                      candy                      meat
- e. Grains help you because they provide  
proteins                      grains                      vitamins                      fiber

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