LISTENING PRACTICE

Types of Foods That Our Bodies Need



Your name

Listen. Write 1 word.

1. Our bodies need _____ and water to grow and stay healthy.
2. We need food containing _____ to make our muscles strong.
3. We can find protein in eggs, beans, fish, meat, and _____.
4. The _____ and minerals in vegetables help our bodies too.
5. Carrots are vegetables that are _____.
6. Some vegetables are _____ for example, lettuce,

Listen. Choose T (True) of F (False) for each statement.

- 1. Beans contain protein.
- 2. Our bodies only need vitamins to make new cells.
- 3. Some vegetables do not come from parts of plants.
- 4. Peas are a type of seed.

LIVEWORKSHEETS