



## UNIT 3: THINGS TO EAT



### Presentation

We all need food  
to live and grow.  
Food gives us  
energy for work  
and play.





We get food from  
plants and  
animals.





### Presentation



From plants we get cereals, fruits and vegetables - They are all good for our health.





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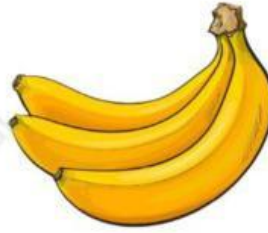
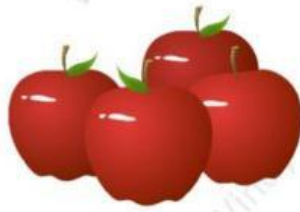
Cereals include rice, corn and wheat.



Spaghetti and noodles are made of wheat.



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Fruits include apples, bananas,  
oranges and peaches.



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Vegetables include potatoes, carrots  
and tomatoes.





A salad is a mixture of some fruits and vegetables.

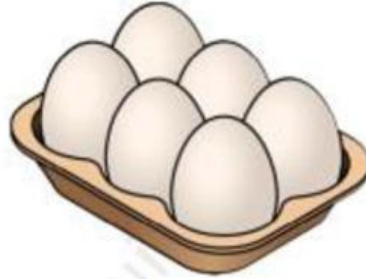
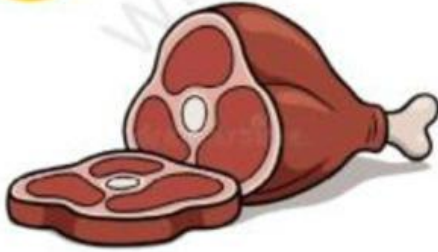




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From animals we get meat, eggs and milk.





Foods such as fish, meat, steak and eggs give us protein which helps our body grow.



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Milk and any foods made from milk such as yogurt, cheese and butter are called dairy products.





They are also good for  
our body. They help  
build strong teeth and  
bones.



Remember to eat healthy food everyday to  
keep your body strong and fit!