

UNIT 3: THINGS TO EAT

WINDY BUI

Presentation

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



LIVEWORKSHEETS



We get food from plants and animals.



LIVEWORKSHEETS

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



LIVEWORKSHEETS

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Cereals include rice, corn and wheat.



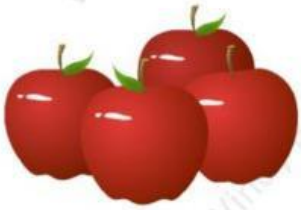


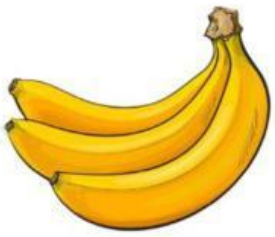
Spaghetti and noodles are made of wheat.

LIVEWORKSHEETS

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Fruits include apples, bananas, oranges and peaches.





LIVEWORKSHEETS

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Vegetables include potatoes, carrots and tomatoes.

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A salad is a mixture of some fruits and vegetables.

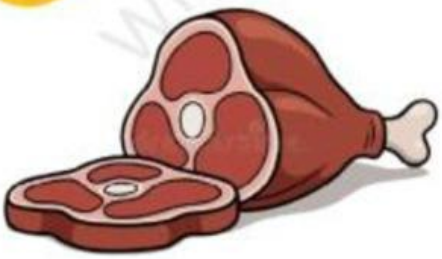
LIVEWORKSHEETS

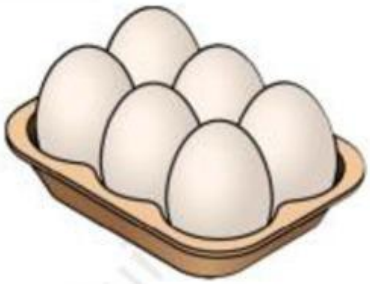


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From animals we get meat, eggs and milk.

LIVEWORKSHEETS



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

LIVEWORKSHEETS



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



LIVEWORKSHEETS





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

LIVEWORKSHEETS

bones.



Indy Bui

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

LIVEWORKSHEETS