



UNIT 3: THINGS TO EAT



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.





UNIT 3: THINGS TO EAT



Presentation



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



66

LIVWORKSHEETS



UNIT 3: THINGS TO EAT



Presentation



Cereals include rice, corn and wheat.



Spaghetti and noodles are made of wheat.

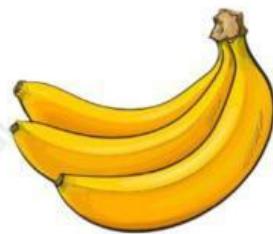
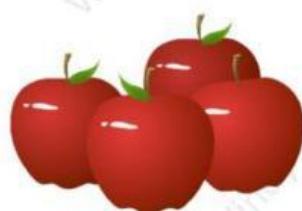
 **LIVEWORKSHEETS**



UNIT 3: THINGS TO EAT



Presentation



Fruits include apples, bananas, oranges and peaches.



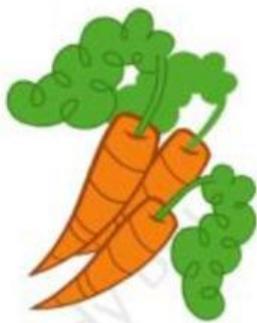
LIVWORKSHEETS



UNIT 3: THINGS TO EAT



Presentation



Vegetables include potatoes, carrots
and tomatoes.



LIVEWORKSHEETS



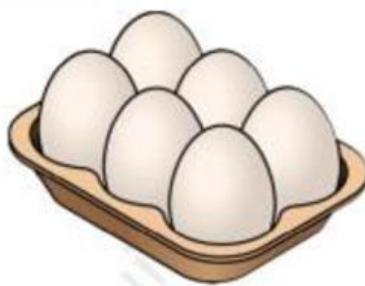
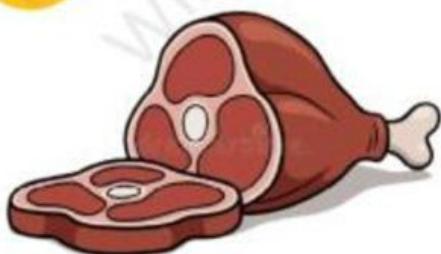
A salad is a mixture of some fruits and vegetables.



UNIT 3: THINGS TO EAT



Presentation



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.



UNIT 3: THINGS TO EAT



Presentation

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



LIVWORKSHEETS



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!