Good Food for a Happy Body

Name: .....

Date: .....

Teacher: Lic. Soledad Chuquiana Grade: 4th

Instructions: Read the text and choose the answers.

To grow big and strong, our bodies need the right kind of fuel. Just like a car needs gas to move, we need food to play, learn, and sleep. Some foods help us a lot, while others are just for treats.

Healthy Foods: The "Go" Foods

Healthy foods are like superheroes for your body. They give you steady energy so you can run fast and think clearly. These foods have **vitamins** and **minerals,** which are tiny helpers that keep your heart, brain, and bones healthy.

Fruits and Vegetables: These come in every color of the rainbow! Crunchy carrots help your eyes, and sweet oranges keep you from getting sick.

Protein: Foods like chicken, fish, beans, and eggs help your muscles grow big.

Grains: Brown bread, rice, and oatmeal give you "long-lasting" energy so you don't get tired at school.

Dairy: Milk and yogurt have calcium, which makes your teeth and bones as hard as rocks.

Unhealthy Foods: The "Slow" Foods

Some foods taste very yummy, but they don't have many vitamins. These are often called unhealthy or "sometimes" foods. They usually have a lot of sugar, salt, or oil.

Too Much Sugar: Candy, soda, and cake give you a "sugar rush." You feel fast for a minute, but then you feel very tired and grumpy.

Fast Food: Fries and burgers can be greasy. Eating too many of them can make your heart work too hard and make you feel sleepy.

The Golden Rule: It is okay to have a treat sometimes, like a cupcake at a birthday party. But to be a champion, most of your meals should be filled with colorful, healthy food!

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MULTIPLE CHOICE QUESTIONS:

A. Choose the best answer for each question.

1. **What do vitamins and minerals do for your body?**

   A) They make you feel sleepy.

   B) They are tiny helpers that keep your heart and bones healthy.

   C) They make food taste like chocolate.

2. **Which food helps your muscles grow big and strong?**

   A) Candy

   B) Soda

   C) Chicken and eggs

3. **What happens after you get a "sugar rush" from eating too much candy?**

   A) You feel very tired and grumpy.

   B) You become a superhero.

   C) You grow taller instantly.

4. **Which is described as a “Slow” food because it can be greasy?**

   A) Milk and yogurt

   B) Fries and burgers

   C) Carrots and oranges

B. Write "True" if the sentence is right, or "False" if it is wrong.

1. ____ Grains like oatmeal and rice give you "long-lasting" energy.
2. ____ Crunchy carrots are good for your fingers.
3. ____ Most of your meals should be filled with colorful, healthy food.

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C. Draw a line to match the food to its "Superpower."

a.- Sweet oranges keep you from

b.- Most of your meals should be

c.- Unhealthy food usually have a lot of

1.- Filled with colors

2.- Sugar, salt or oil.

3.- Getting sick

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