

# COLOR ME HEALTHY



Green fruits, like melons and kiwis, help **repair** cells. They also help the **liver** work well. Blue and purple fruits, such as blueberries and plums, are good for the heart and **bones**. They also help fight cancer.

Lastly, don't forget to eat white fruits. They help keep **blood** moving. They also keep bones strong. So remember to have some white fruits like pears, for example.

It's important to eat fruits of many different colors! Try to eat two fruits of each color every day.

Words 143

Fruits come in many different colors. Their different colors have many health benefits.

For a healthy heart, think red. Strawberries, watermelons, and cherries are all good for your heart. They also **improve** your blood health.

Orange and yellow fruits help us see better at night. They also make our **skin** glow. So, make sure to eat tangerines and pineapples.

Read and choose  
the correct words.



Your (heart / skin) covers the outside of your body.

His bike is broken. He needs to (remind / repair) it.

The largest organ inside the body is the (liver / eye).

We need calcium to keep our (bones / cancer) strong.

Please donate (flood / blood). It can save people's lives.

Walk an hour a day. It can (fight / improve ) your ability to learn.

**1. What is the main idea of the passage?**

- a. You should eat fruits in many colors.
- b. Red fruits are the best for your health.
- c. Fruits of different colors have different flavors.

**2. Which fruits are good for the heart?**

- a. pears
- b. kiwis
- c. cherries

**3. What benefit do yellow fruits have?**

- a. They help your liver work well.
- b. They help you have better skin.
- c. They improve your blood health.



4. Blue and \_\_\_\_\_ fruits, such as blueberries and plums, are good for the heart and help \_\_\_\_\_.

- a. white – fight cancer
- b. purple – fight cancer
- c. purple – protect your eyes

5. Q: What benefits do white fruits have?

A: They help keep \_\_\_\_\_ moving, and keep \_\_\_\_\_ strong.



**Step 1**

Write the correct words in each blank.

**red fruits**

They are good for the \_\_\_\_\_.

**orange and yellow fruits**

They improve our skin and help us see better at \_\_\_\_\_.

**green fruits**

They repair cells and help the \_\_\_\_\_ work well.

**blue and purple fruits**

They help fight \_\_\_\_\_.

**white fruits**

They keep our \_\_\_\_\_ moving and our bones strong.

cancer    blood    liver    night    heart



**Step 2** Complete the summary with the given words.

glow          colors          liver  
blood        improve        melons

It is important to eat fruits of many different \_\_\_\_\_. Strawberries and cherries keep your heart healthy. They \_\_\_\_\_ your blood health too. Tangerines and pineapples make your skin \_\_\_\_\_. They also help you see better at night. \_\_\_\_\_ and kiwis repair your cells. They also help your \_\_\_\_\_ work well. Blueberries and plums help fight cancer. Finally, pears keep your \_\_\_\_\_ moving. They also keep bones strong.



