



UNIT #2 – READING SECTION

NAME: _____

DATE: _____

1 Listen and read. TR: 2.8

Super Foods!

Some foods help people be healthy.
They are super foods!

Chicken, meat, fish, beans, eggs,
and nuts are good for you. Brown
rice and whole grains are good for
you. Milk and foods made from milk
are good for you, too.

Fruits and vegetables are great
foods! There are fruits and vegetables
of many colors. Eat a few different
colors every day!

Candy and foods with sugar taste
good, but don't eat a lot of them.
Instead, eat super foods that can keep
you strong and healthy.



Some plants eat meat. They
eat insects, frogs, and birds!



Venus flytrap

2 Read. Check **T** for *True* and **F** for *False*.

1. Fish and nuts are good for you.
2. Milk and foods made from milk are good for you.
3. Fruits and vegetables aren't good for you.
4. Eat candy and foods with sugar most of the time.

☐ T ☐ F

☐ T ☐ F

☐ T ☐ F

☐ T ☐ F