PROFUNDIZACION 4º READ A FOOD FACT SHEET

Read a food fact sheet

BRAIN FOOD TOP 5!



Read and find out about the top 5 'brain foods'. These keep your brain healthy so that you can work and play better.

Nuts and seeds

Nuts and seeds have got lots of vitamin E. This vitamin is good for your brain. You should eat some nuts and seeds every day. If you are hungry, don't snack on sweets and biscuits. Eat nuts and seeds instead.



Blueberries

Blueberries are often called a 'superfood'. They've got lots of vitamin C. This vitamin helps to keep your brain young and healthy. Try blueberries with yoghurt for a delicious and healthy dessert.



Oily fish

Tuna, salmon and sardines are all oily fish. They have got lots of oils, which are good for your brain. You should eat some oily fish two or three times a week to keep your brain working well.



Avocados

Avocados are fatty fruits. Too much fat is bad for you, but the fat in avocados is 'good' fat. It helps your brain work better. Next time you make a salad, why not add some avocado?



Wholegrain foods

Brown pasta, brown rice and brown bread are all very important. These are wholegrain foods and they keep your heart and your brain healthy. They've got vitamin E and oils, and lots of fibre, too. You should eat some wholegrain food every day.



Now, read the sentences and write "true" or "false".

a) **Wholegrain foods have got lots of fibre. _____**

b) **Avocados have got "bad fat". _____**

c) **Oily fish are good for your heart. _____**

d) **Nuts and seeds have got lots of vitamin E. _____**

e) **Blueberries with yoghurt is an unhealthy dessert. _____**

f) **Wholegrain foods keep your muscles healthy. _____**

g) **You should eat nuts and seeds everyday. _____**

h) **You should eat oily fish everyday. _____**

i) **You should eat some wholegrain food once a week. _____**

LIVEWORKSHEETS