

# Tiger5 Unit 6 Cross-curricular

1.- Watch the video

2.- Read the text

## Eating a rainbow

Fruit and vegetables contain many essential nutrients that our bodies need.

- Vitamins and minerals keep us healthy, help us grow and can prevent diseases.
- Fibre can prevent hunger and help our digestion.
- Calcium keeps our teeth and bones strong.

Eating fruit and vegetables of different colours is good for your health.



### Red fruit and vegetables

These contain vitamins and other nutrients which keep your heart healthy. Examples are cherries, strawberries and red peppers.



### Orange and yellow fruit and vegetables

Some orange fruit and vegetables, such as carrots, pumpkins and pineapples, contain Vitamin A and other nutrients which keep your eyes healthy. Citrus fruit, such as oranges and lemons, contain lots of Vitamin C which is important for your general health.



### Green fruit and vegetables

These contain fibre, calcium, Vitamin C and other nutrients which keep you healthy and strong. Examples are spinach, lettuce and green grapes.



### Blue and purple fruit and vegetables

These contain Vitamin C, fibre and other nutrients which help your body absorb essential minerals. Examples are aubergines, plums and purple grapes.

### 3.- Complete the sentences.

Fruit and vegetables contain many essential

keep us healthy, help us grow and prevent diseases.

can prevent hunger and help our digestion.

keeps our teeth and bones strong.

The colours in the fruit and vegetable rainbow are red, orange, yellow, green, blue,

### 4.- Match.

These keep you healthy and strong.



These are good for your heart and stomach.



These keep your eyes healthy.



These help your body absorb essential minerals.



These keep your heart healthy



White fruit and vegetables



Orange and yellow fruit and vegetables



Green fruit and vegetables



Red fruit and vegetables



Blue and purple fruit and vegetables