

## HEALTHY FOOD

Healthy food is tasty and good for you. You need it to grow and feel good.



You can find **grains** in bread and rice.

Milk, cheese and yogurt are also important. These will give you strong bones. Meat, egg, fish and nuts give you **protein**.

**Fruits** and **vegetables** are good to eat. Eat as many as you can every day.



Chips and cookies are tasty, but eat only some at a time. When you eat healthy food, your body will thank you!

**1) Join:**

Healthy food give you strong bones.

You can find grains give you protein.

Milk, cheese and yogurt is tasty.

Meat and fish chips and cookies.

Eat only some \_\_\_\_\_ in bread and rice.