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.