

Healthy Food

Read and copy.

Healthy	
good	
food	
vitamins	

Read and match

Vitamin B	
fish	
chickpeas	
chicken	

Vitamin C	
strawberry	
capsicum	
orange	

Vitamin E	
spinach	
seeds	
nuts	

Read and repeat.

1. Good food stops cold and flu.

2. Vitamins B, C and E stop cold and flu.

Ref:

