HEALTHY FOOD

Healthy food is good for you. You need it for shiny hair and strong bones. You need it so that you can grow tall and feel good. The best part of healthy food is that it is tasty.

You can find grains in bread, rice and oatmeal. You should eat four servings of grains every day. Milk, cheese, and yoghurt are also important. These will give you strong bones.

Meat, beans, fish and nuts give your body iron and protein. You can also eat an egg or some peanut butter to help keep your body healthy. Fruits and vegetables are good to eat. Eat many kinds each week.

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

1. **Healthy food will make you_____**
   - **a. Lean** **c. obese**
   - **b. Weak** **d. strong**

2. **_____provide iron and protein to your body.**
   - **a. meat** **c. nuts**
   - **b. Beans** **d. All of the above**

3. **You should eat _____servings of grains every day.**

a. three
b. four
c. five
d. six

4. **Riddle**- I am a nine letter word. I am green in colour. I garnish and give flavor to your food. I am _____

5. Fill ups-

a. We eat food to live and _____

b. _____ provide lot of energy to us and keep us warm.

c. Potato is the _____ of its plant.

d. Carrot is the _____of plant.

e. _____keep us fit and healthy.