Teacher Laura

UNIT 2: FOOD AND HEALTH

Hi guys! I need your help to prepare with me healthy meals!

dinner snack breakfast lunch

For_____ I have _____

For_____ I have _____

For_____ I have _____

For_____ I have _____

Classify: broccoli meat pasta oil eggs yogurt fish lentils

Food from plants.	Food from animals.

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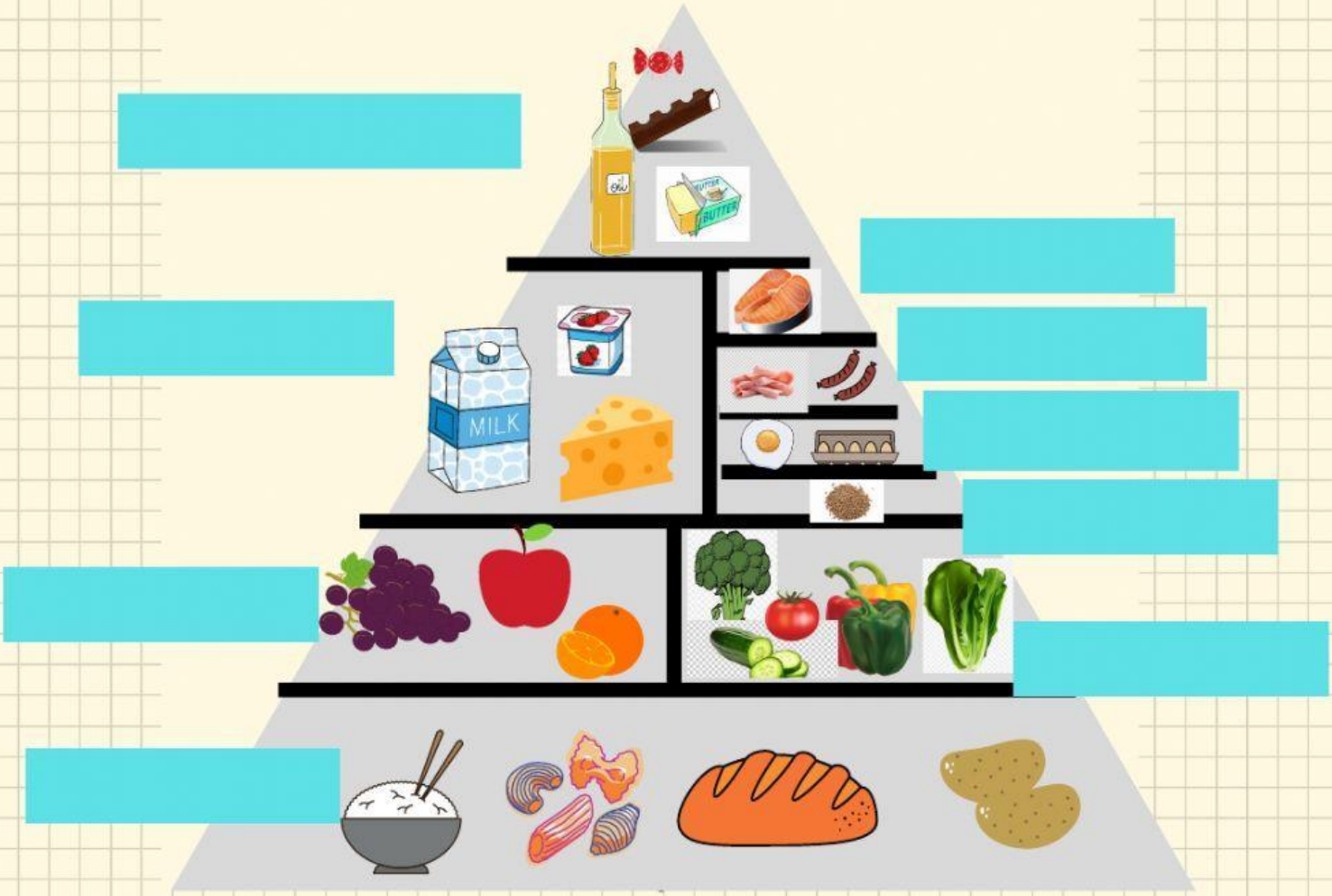
What are they good for?

yogurt fish meat milk

_____ and _____ are good for your muscles.

:_____ and _____make your bones strong.

Complete the food pyramid: