READING ACTIVITY

Read the text and choose the best answer



We all need to eat healthy food. Potato chips, cookies and candy are delicious, but you cannot eat a lot of it and be healthy. Eating healthy food is good for our bones, muscles and even our hair and nails. It is important to choose from all of the food groups that you can find in your house. For example, grains are important for getting you the fiber that your digestive system needs, and you can find them in rice, oatmeal and bread. Milk, yogurt, butter and cheese are important to get strong bones because these dairy products have a lot of calcium. Proteins like beans, fish, meat and nuts are as important as eggs and chicken in your daily diet. And finally, combining everything with a lot of vegetables and fruits will help you to receive the minerals and vitamins that your body needs.

a. What food will help you to get strong bones?

protein fruits dairy grains

b. Eating healthy food will make you

sorry sick strong important

c. If you eat vegetables and fruits you will get

minerals fat water bones

d. This type of food is delicious, but not healthy.

apples carrots candy meat

e. Grains help you because they provide

proteins grains vitamins fiber

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