



Watch the video and fill in the gaps



You probably know that it's important
to eat and
but do you know why?

Fruits and vegetables contain very important that our bodies need,
These include vitamins, and fibre.



-Do you know what vitamins and minerals are? -

vitamins
MINERALS

..... and minerals are essential nutrients that our bodies need
to work properly.



We only need them in small amounts but we do need lots of different ones.



The very best way to make sure we get all the
we need is to eat a wide variety of different foods.
All of the food that we eat contains vitamins and
minerals.

To get enough of all the vitamins and minerals our bodies need
it's very important to eat a variety of and
and vitamins do some very important jobs indeed!

Vitamin A: found in orange fruit and vegetables such as
apricots and and dark leafy vegetables
such as savoy cabbage
helps to keep our vision



Vitamin B1: helps our bodies release from food
so that we don't feel tired.

Lots of fruit and vegetables contain vitamin B1
including peas, spinach and



Vitamin C, which is found in citrus fruits, such as and lemons, as well as
in strawberries, and broccoli among others,
is important for helping our bodies heal,
for example, if we graze the knee.



You can see that vitamins are really amazing!
They protect us and make us!

Fruit and vegetables are also a really important source of fibre.

Fibre helps to keep our system healthy.

-Do you know what is meant by your digestive system? -



Your digestive system allows your body to the nutrients from the food you eat, starting from your mouth, moving through your, small intestine and intestine.

Fibre helps this process working properly, in order to keep our bodies working as they should.

We should make sure to at least 5 portions of fruit and a day to get all of the our bodies need from them.



A portion is the amount you can hold in your cupped hand.

And a great tip is to try and eat as many colours as possible so that we benefit from a variety of different and



- What are some of your favourite fruits and? -

See if you can think of fruit and vegetables to match every colour of the rainbow!