

"Tell us what healthy food you like to eat. Explain why it is important to eat healthy food."

Apples and Bananas

I like to eat fruits and vegetables. They are very healthy and give me lots of energy. My favorite fruits are apples and bananas. I also enjoy eating carrots and broccoli. These foods are full of vitamins and minerals that help my body stay strong. It is important to eat healthy food because it keeps us fit and prevents illnesses. Healthy food helps us grow and gives us the energy to play and study. Eating well also makes us feel good and stay active. That is why I always try to choose healthy foods.