LISTENING PRACTICE

Types of Foods That Our Body Needs



Listen. Write 1 word.

1. Our bodies need _____ and water to grow and stay healthy.
2. We need food containing _____ to make our muscles strong.
3. We can find protein in eggs, beans, fish, meat, and _____.
4. The _____ and minerals in vegetables help our bodies too.
5. Carrots are vegetables that are _____.
6. Lettuce is a vegetable that is a _____.

Listen. Write T (True) of F (False) for each sentence.

1. Our bodies only need vitamins to make new cells. ◯
2. Beans contain (have) protein. ◯
3. Tomatoes are a type of root. ◯
4. Peas are a type of seed. ◯

LIVEWORKSHEETS