



UNIT 3: THINGS TO EAT



Presentation

We all need food
to live and grow.

Food gives us
energy for work
and play.





We get food from
plants and
animals.





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From plants we get cereals, fruits and vegetables - They are all good for our health.





Presentation



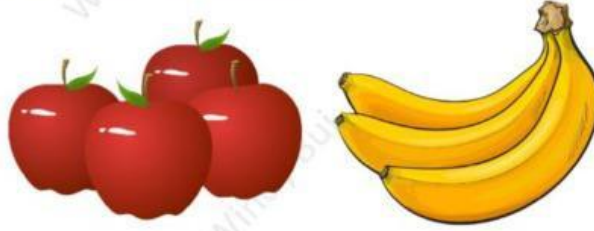
Cereals include rice, corn and wheat.



Spaghetti and noodles are made of wheat.



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Fruits include apples, bananas,
oranges and peaches.



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Vegetables include potatoes, carrots
and tomatoes.





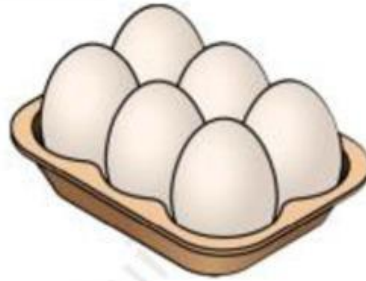
A salad is a mixture of some fruits and vegetables.



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From animals we get meat, eggs and milk.



Foods such as fish, meat, steak and eggs give us protein which helps our body grow.



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Milk and any foods made from milk such as yogurt, cheese and butter are called dairy products.





They are also good for
our body. They help
build strong teeth and
bones.



Remember to eat healthy food everyday to
keep your body strong and fit!