

# Good Food for a Happy Body

Name: .....

Date: .....

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**Instructions:** Read the text and choose the answers.

To grow big and strong, our bodies need the right kind of fuel. Just like a car needs gas to move, we need food to play, learn, and sleep. Some foods help us a lot, while others are just for treats.

## Healthy Foods: The "Go" Foods

Healthy foods are like superheroes for your body. They give you steady energy so you can run fast and think clearly. These foods have **vitamins** and **minerals**, which are tiny helpers that keep your heart, brain, and bones healthy.

**Fruits and Vegetables:** These come in every color of the rainbow! Crunchy carrots help your eyes, and sweet oranges keep you from getting sick.

**Protein:** Foods like chicken, fish, beans, and eggs help your muscles grow big.

**Grains:** Brown bread, rice, and oatmeal give you "long-lasting" energy so you don't get tired at school.

**Dairy:** Milk and yogurt have calcium, which makes your teeth and bones as hard as rocks.

## Unhealthy Foods: The "Slow" Foods

Some foods taste very yummy, but they don't have many vitamins. These are often called unhealthy or "sometimes" foods. They usually have a lot of sugar, salt, or oil.

**Too Much Sugar:** Candy, soda, and cake give you a "sugar rush." You feel fast for a minute, but then you feel very tired and grumpy.

**Fast Food:** Fries and burgers can be greasy. Eating too many of them can make your heart work too hard and make you feel sleepy.

**The Golden Rule:** It is okay to have a treat sometimes, like a cupcake at a birthday party. But to be a champion, most of your meals should be filled with colorful, healthy food!

## MULTIPLE CHOICE QUESTIONS:

### A. Choose the best answer for each question.

1. What do vitamins and minerals do for your body?

- A) They make you feel sleepy.
- B) They are tiny helpers that keep your heart and bones healthy.
- C) They make food taste like chocolate.

2. Which food helps your muscles grow big and strong?

- A) Candy
- B) Soda
- C) Chicken and eggs

3. What happens after you get a "sugar rush" from eating too much candy?

- A) You feel very tired and grumpy.
- B) You become a superhero.
- C) You grow taller instantly.

4. Which is described as a "Slow" food because it can be greasy?

- A) Milk and yogurt
- B) Fries and burgers
- C) Carrots and oranges

### B. Write "True" if the sentence is right, or "False" if it is wrong.

1. \_\_\_\_ Grains like oatmeal and rice give you "long-lasting" energy.
2. \_\_\_\_ Crunchy carrots are good for your fingers.
3. \_\_\_\_ Most of your meals should be filled with colorful, healthy food.

**C. Draw a line to match the food to its "Superpower."**

a.- Sweet oranges keep you from

b.- Most of your meals should be

c.- Unhealthy food usually have a lot of

1.- Filled with colors

2.- Sugar, salt or oil.

3.- Getting sick

