Reading Unit 4

Five-a-day the fun way!

Fruit and vegetables contain vitamins, minerals and fibre. They help you grow and stay healthy. You need to eat five portions every day.

Here are five fun ways to eat fruit and vegetables!

1 Make fruit ice lollies. You can use fresh fruit or fruit juice. Use different kinds of fruit to make different colours.

2 Make a funny face with salad and eat it. It's fun and it's good for you, too.

3 Make a smoothie of fruit, milk, yoghurt and ice cubes. Mmm. Delicious!

4 Make a fruit salad. Use any fruit you like, but don't add sugar!

5 Make vegetable sticks. Use raw carrots or celery. Eat the sticks with cheese. Yum!

Do YOU know...?

Carrots can help you see in the dark.

1. Answer the questions. Say True or False

1	Fruit and vegetables help you stay healthy.	☐ True	☐ False
2	You need to eat two portions every day.	☐ True	☐ False
3	You make a smoothie with carrots and cheese.	☐ True	☐ False
4	You need to add sugar to a fruit salad.	☐ True	☐ False
5	You can make a funny face with salad.	☐ True	☐ False

LIVEWORKSHEETS