

# Vitamins

What are these foods good for? Match.



- 1 Broccoli, carrots and mangoes are good for
- 2 Kiwi fruits and oranges help stop coughs and colds
- 3 Sunflower seeds are good for
- 4 Cabbage and peas help your body
- 5 Spinach is good for your

- a and they're good for your skin.
- b make energy from food.
- c your eyes and skin.
- d bones.
- e your heart.

Read and circle the correct words:

- How        grapes do we need?  
We don't need        grapes.
- How        icecream do we need?  
We need        icecream.
- How        banans have we got?  
We've got        bananas.
- How        pineapple do we need?  
We don't need        pineapple.
- How        appels have we got?  
We've got        apples.