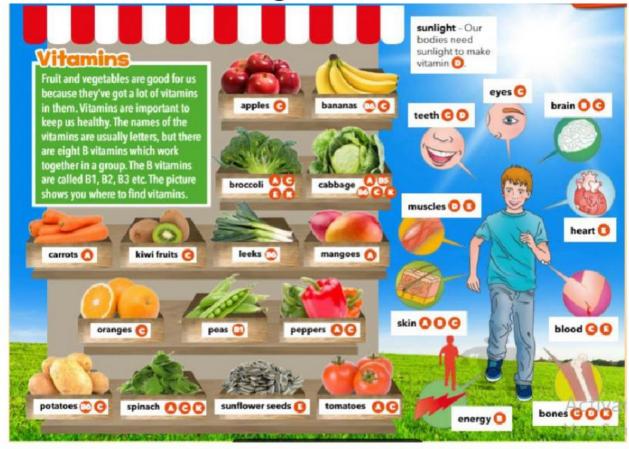
Vitamins

What are these foos 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

We need

- 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:

icecream.

- How grapes do we need?
 - We don't need grapes.
- How icecream do we need?
- 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.